



did you know we **pay you** to stay well?

Allstate Benefits is committed to helping you and your covered family members stay healthy by offering preventive care and wellness benefits, which are **included in your coverage**. Be sure to use these services that are available to you, then submit a claim to receive a cash benefit!

How to submit a claim

You have two options to submit your claim.



Mail or fax

Download the wellness claim forms from our [Resources & Forms page](#) and send them in along with your supporting documents.

Online or via App

Our customer portal **MyBenefits** allows you to complete claim forms online, sign them securely using E-signature, and upload photos of your supporting documents. Log onto mybenefits.allstate.com or download our free MyBenefits app today!

Questions?

If you have questions or need details about your coverage, contact our Customer Care Center at **1-800-521-3535** (Monday – Friday, 8 a.m. – 8 p.m. ET).



Accident Insurance

Accidents can happen at any time to anyone. Accident Insurance from Allstate Benefits can help cover some of the unexpected out-of-pocket expenses associated with an accidental injury.

Get paid to stay healthy! The **Fixed Health Screening Services Rider** pays a fixed cash benefit when you or your covered family members undergo an eligible preventive care screening. This includes certain cancer screenings and biopsies, mammographies, colonoscopies, lipid panels, chest X-rays and more. Coverage pays once per covered person, per calendar year.



Critical Illness Insurance

Critical Illness coverage provides a lump-sum cash benefit directly to you to help cover the out-of-pocket expenses associated with a critical illness.

Get paid to stay healthy! With the **Fixed Health Screening Services Rider**, you and your covered family members can receive a fixed cash benefit when you undergo an eligible preventive care screening. This includes certain cancer screenings and biopsies, mammographies, colonoscopies, lipid panels, chest X-rays and more. Coverage pays once per covered person, per calendar year.



Hospital Indemnity Insurance

Even with health insurance, hospital stays can be expensive. Hospital indemnity coverage provides you with cash benefits to help pay for out-of-pocket expenses associated with hospital confinements.

Get paid to stay healthy! The **Fixed Wellness Benefit** provides you and your covered family members with a fixed cash benefit when you undergo an eligible wellness screening. This includes certain cancer screenings and biopsies, mammographies, colonoscopies, lipid panels, chest X-rays and more. Coverage pays once per covered person, per calendar year.

Plus, you receive a benefit regardless of any other insurance coverage you have in place, and there are no restrictions on how you spend your cash benefit. See your certificate of coverage for more information.

ABJ38201X-1 Rev. 9/25. This material is valid as long as information remains current, but in no event later than September 1, 2028. The coverage has exclusions and limitations. Coverage is provided under policy forms GA17, GC1C5 and GVSP2, or state variations thereof. Allstate Benefits is the marketing name used by American Heritage Life Insurance Company (Home Office, Jacksonville, FL), a subsidiary of The Allstate Corporation. ©2025 Allstate Insurance Company. www.allstate.com or allstatebenefits.com