



MyBenefits

secure online benefits access



Anytime Access

Online access to coverage information, claims and more. Optimized for mobile devices, submitting claims is as easy as taking a picture of your documents and submitting them through MyBenefits.

Manage Your Account and File Claims



E-Signature

Upload, review and sign your claim electronically



Direct Deposit

Available for faster processing



View

Full policies, certificates and claim history



Download

Explanation of Benefits (EOB)

Mobile Optimization



- Our MyBenefits app streamlines your claims submissions (see next page)
- Take a picture of your supporting documents and submit them via the app or through your mobile device

How to Register to Access MyBenefits

- **Go to:** mybenefits.allstate.com (click "Register your account today")
- **Enter account info:** SSN, Zip code and Birthdate are required
- **Create your account:** Choose your User ID and Password
- **Answer two security questions:** User ID retrieval and Password reset

To find out more about what the MyBenefits site can offer, see the [information on reverse](#).



MyBenefits

Innovative online capabilities at your fingertips



Online Access 24/7

Access your claim and benefit information anytime, day or night



E-Signature

Upload supporting documents, like hospital or doctor's bills. Review and sign your claim electronically!



Coverage Information

Print or view your coverage details or certificates on existing coverage



Help Center

Gives you anytime access to our Forms Library, Upload Center, contact information and recent account activity



Message Center

Alerts you of claim status updates and other important information

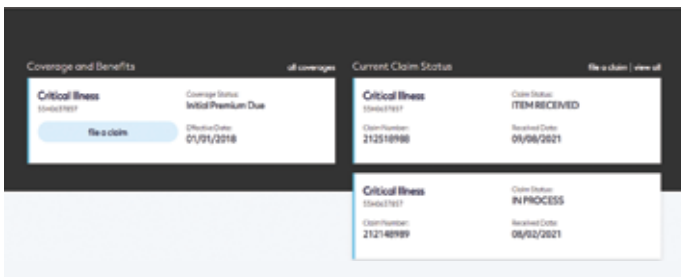


Mobile Friendly

Use your mobile device to upload pictures of your claim forms and supporting documents

Fast Claims on The Go – We Have an App for That!

Register at mybenefits.allstate.com or download the MyBenefits app



MyBenefits Online Website

- Accessible using a desktop, laptop, notebook or smartphone
- Viewable in a wide variety of browsers
- Website format allows for viewing and scaling of the site on each device without distortion

Download our free MyBenefits app for Android and Apple mobile devices.

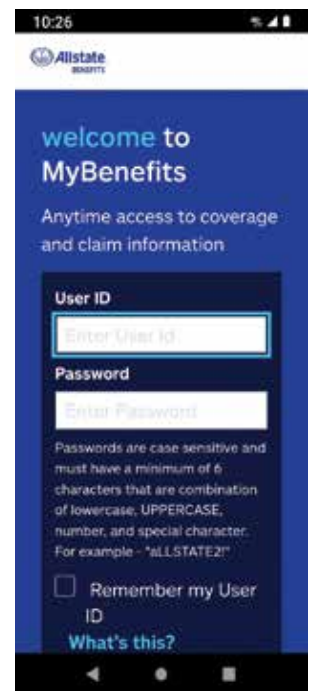
- The app saves you time and streamlines your claims submissions.
- You can take pictures of your supporting claim documents, like a hospital or doctor's bill, and upload them via the MyBenefits app.
- Scan the Android or Apple QR code with your device's camera to access the MyBenefits app.



Android



Apple iOS



MyBenefits App System Requirements

- Android and Apple iOS devices
- Android operating system 3.3 or greater
- Click "Install" and the app's icon will load onto the device's home screen



Rev. 7/24. This material is valid as long as information remains current, but in no event later than March 15, 2026. Allstate Benefits is the marketing name used by American Heritage Life Insurance Company (Home Office, Jacksonville, FL), a subsidiary of The Allstate Corporation. ©2024 Allstate Insurance Company. www.allstate.com or www.allstatebenefits.com