

# Welcome to my **Medical Ally**

*We are here to help!*



Did you know that as part of your benefits, you have access to a **Medical Ally** – a support resource for any health need you may have. You can turn to a Medical Ally for guidance on any health concern you or your covered dependents may face.



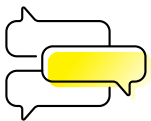
## **Secure Online Portal**

**Start here!** Once you log on to the secure portal, you can access a variety of resources to help inform you about a wide array of health conditions.



## **Medical Ally**

If you have questions about a health condition, you can connect to a Medical Ally, who can provide information on your medical diagnosis, the risks and benefits of surgery, and help getting a second opinion.



## **Surgery Decision Support**

A Medical Ally can help you understand the risks and benefits of surgery, how to recover from surgery, alternative treatment options, and pain management techniques. Non-surgical treatment options often work just as well as certain surgeries. If your doctor recommends elective lower back surgery, hip or knee replacement, weight loss surgery, or hysterectomy, you may qualify for a **\$400 prepaid card** just for learning more. Call for terms and conditions.

Whether you need help understanding your diagnosis and treatment options, need help getting a second opinion, preparing for surgery, or help coping with the stress of a condition, your Medical Ally is ready to assist you.

VISIT **[mymedicalally.alight.com](https://mymedicalally.alight.com)**  
to get started

..... OR .....

CALL **888-361-3944**