

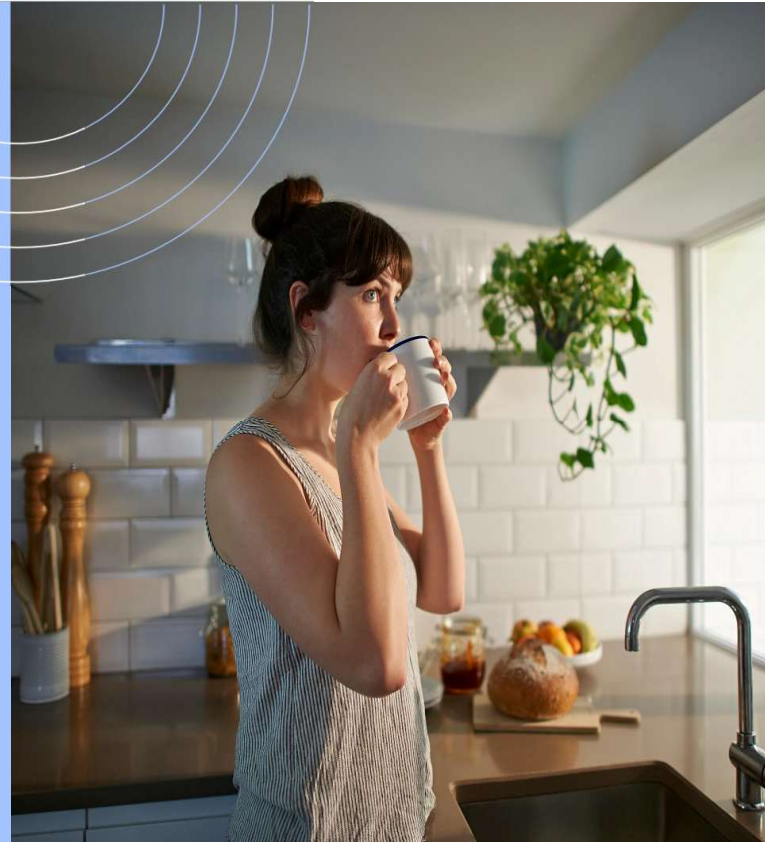


Honeywell
Aerospace

alight

Behavioral health and addiction support

Your Medical Ally can guide you to resources for depression, substance use, or stress management.



As part of your employer's benefits, your Medical Ally offers confidential one-on-one support—so you can focus on your health and receiving the best care. This valuable benefit is available at no cost to you and your eligible dependents.

Struggling with your mental health? Your Medical Ally can help.

If you or a family member are facing conditions like anxiety, depression, autism, ADHD, eating disorders, or addiction, you have access to a team of compassionate behavioral health experts that can provide support to help you:

- Understand your symptoms, diagnosis, and all available treatment options
- Find the highest quality providers and treatment facilities
- Coordinate your care across multiple providers
- Transition to a different type of care based on your needs

Are you caring for someone with a behavioral health condition?

Sometimes, it's not just the patient who needs support. Your Medical Ally can also provide resources to caregivers. You may even qualify for a **\$500 prepaid card** for using this service. Call for terms and conditions.

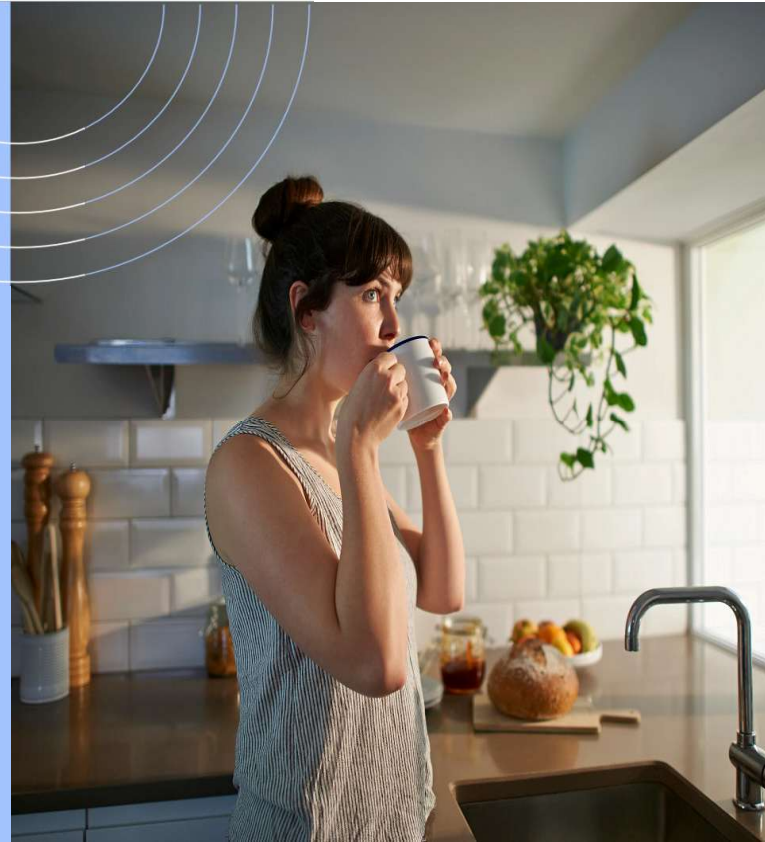
Contact your Medical Ally today

To quickly access helpful information, log in to our secure online portal at mymedicalally.alight.com.

Prefer to chat with a person, or need extra help? Speak to a Medical Ally at 1.888.361.3944.

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