

Welcome to your Medical Ally

We are here to help you save
time and money on health care.



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.

Your Medical Ally can help you:

- Understand your diagnosis and treatment options
- Find the highest quality providers and treatment facilities
- Get a second opinion
- Prepare for surgery and recovery
- Cope with stress and anxiety

Your Medical Ally can help you with any medical condition, and if you need surgery, can help you understand the risks and benefits, alternative and non-surgical treatment options, and pain management techniques. Additionally, if your doctor recommends elective lower back surgery, hip or knee replacement, weight loss surgery, or hysterectomy, your Medical Ally can check to see if you qualify for a **\$400 prepaid card** just for learning more.

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.