



Allstate
BENEFITS

Keep your finances afloat

Filing your claim is as easy as 1-2-3!

LOG IN TO YOUR **MyBenefits** ACCOUNT AT
www.allstatebenefits.com/mybenefits

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DOWNLOAD A CLAIM FORM

From your Home Page on **MyBenefits**, select **Help Center**.

Click **Forms Library**.

Under **Your Forms**, select **View and Download** for your Claim Form.

COMPLETE AND UPLOAD YOUR CLAIM FORM

From your Home Page on **MyBenefits**, select **Upload Center**.

Select your coverage number and the form type (Upload a claim document).

Click **Upload Documents** (repeat for supporting documents), then click **Submit Files**.

(You may also mail or fax your claim. Contact information is included on the claim form.)

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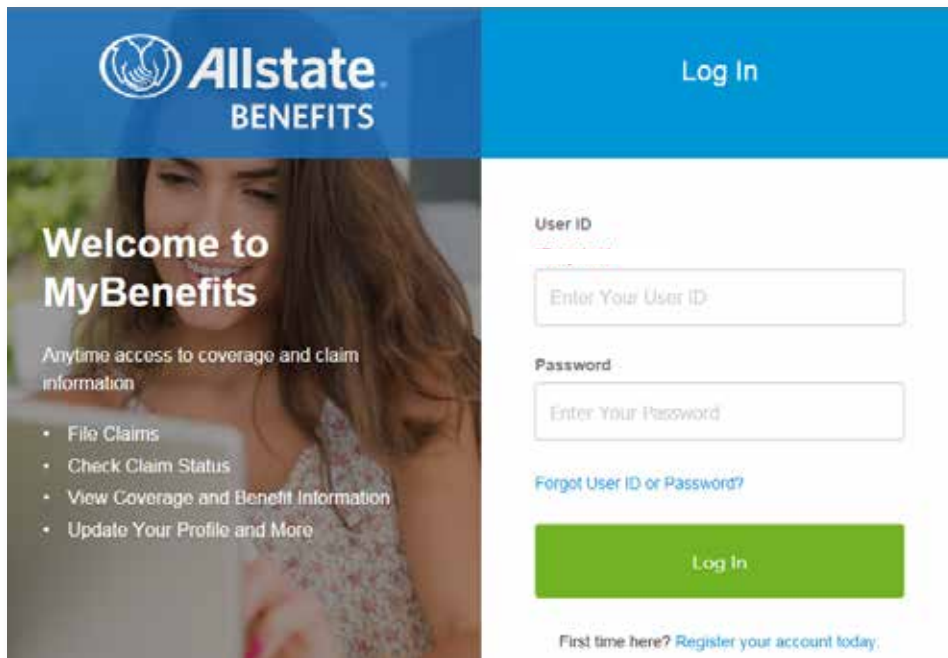
MyBenefits

Click here to begin

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

MyBenefits

Innovative online capabilities at your fingertips



1. Online Access 24/7

Access your claim and benefit information anytime, day or night.

2. Fast File

Complete your claim submission online for quick processing. Use your mobile device to take a picture of your documents and submit using your smartphone, tablet or PC.

3. Express Claims Process

Have your Wellness or Outpatient Physician's Treatment benefit claim processed within 48 hours (supporting documentation required) by filing through our Express option. Elect to have your claim benefit payment directly deposited into your checking account.

4. Coverage Information

Print or view your coverage details or certificates on existing coverage.

5. Help Center

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

6. Message Center

Alerts you of claim status updates and other important information.

7. Mobile Friendly

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



For questions, please contact the Allstate Benefits Customer Care Center at **1-866-828-8067**

