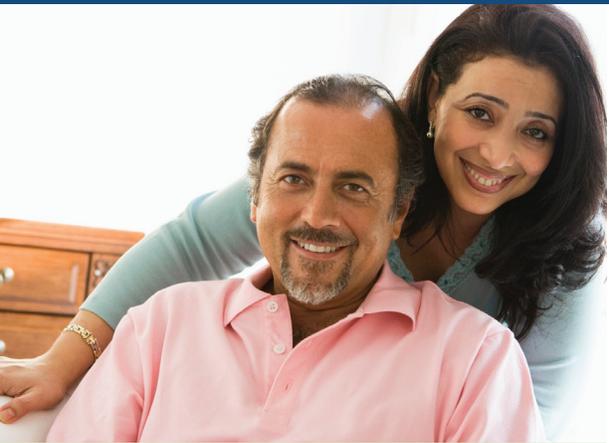


Your Source for Personal Health Care Support



Living with a long-term health condition can be hard at times. We know members want and need different resources and information to help them live well. That's why the Allstate Medical Plan is offering the AccordantCare™ Program through Accordant Health Services.

Whether you're dealing with a long-term condition yourself, or you're taking care of someone who is, sometimes you may need to talk with someone or ask a question about health problems. Other times you may need a helping hand to fix a problem you're having, to get the care you need, or to learn something you did not already know. No matter how much or what kind of support you need, the AccordantCare program is here to help you.

Get started today!

A team of nurses is waiting to talk with you and answer your questions by phone or email, 24 hours a day, 7 days a week. The AccordantCare program gives you monthly newsletters filled with the latest news about treatments and medicines, tips for managing stress, and other useful information. You also have access to www.accordant.com, where you can find helpful articles, send and receive secure messages with your care team, and download tips and tools you can take with you to your next doctor visit.

The AccordantCare program can:



Provide tips on how to stay well. We can show you easy ways to manage your health and your busy life.



Help you find ways to save money. Like to save money? We can help you live well and still get the care you need...while cutting costs.



Help you find ways to put your doctor's advice to work in your busy life. Learn how to make the most out of every visit with your doctor.



Help you connect to resources near your home. The support you are looking for to meet your health needs may be just around the corner. We can help you find it.

Am I eligible for the program?

The AccordantCare program is designed for members with:

- ALS (Amyotrophic Lateral Sclerosis)
- CIDP (Chronic Inflammatory Demyelinating Polyradiculoneuropathy)
- Crohn's Disease
- Ulcerative Colitis
- CF (Cystic Fibrosis)
- Dermatomyositis
- Gaucher Disease
- Hemophilia
- MS (Multiple Sclerosis)
- MG (Myasthenia Gravis)
- PD (Parkinson's Disease)
- Polymyositis
- RA (Rheumatoid Arthritis)
- Human Immunodeficiency Virus (HIV)
- Scleroderma
- Epilepsy (Seizure Disorders)
- SCD (Sickle Cell Disease)
- SLE or Lupus (Systemic Lupus Erythematosus)
- HAE (Hereditary Angioedema)

Wouldn't it be nice to have a special team you could call at any hour of the day or night with your health questions and concerns? **Wouldn't it be helpful** to have access to the latest news and tips about your specific health condition whenever you need it? **Now you can.**

"My nurse has been such a blessing to our family. Her care and compassion comes through in her voice every time we speak. We don't know what we'd do without her and this program."

This is a FREE program offered through your Allstate Medical Plan coverage with Aetna or BCBSIL as your Third Party Medical Administrator.

Starting January 02, 2019 you'll be able to call and talk to a nurse about your health and ask questions! We're here for you!

Call us at 1-866-333-9197

TTY users: 1-800-735-2962

Our office hours are:

Monday-Friday 8 am to 9 pm, EST

Visit our secure website at

www.accordant.com



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