

Secure Access to Your Health Information

At Allied, protecting your personal health information is our top priority. We follow strict rules and security measures in accordance with the Health Insurance Portability and Accountability Act (HIPAA) to ensure that your data remains safe and accessible only by you or authorized individuals.

In compliance with these regulations, members aged 18 and above are granted access solely to their own personal health information through the My Allied Portal online. Through the portal, adult members may choose to grant access to other adult members in a secure and controlled manner.

What this means for you

The decision to share your health information with family members or legal representatives is entirely personal. Adult members aged 18 and above have the right to determine who may access their information, including both covered spouses and adult dependents.

If you are a parent of an adult dependent covered under your plan, your adult dependent must grant access to their personal health care information for you to view claim or benefit information on their behalf. The same would apply to any spouses on the plan.

Similarly, the primary subscriber of the plan may also grant access to a spouse or any covered adult family member you choose to allow to view your information.

What you need to do

1. Discuss with your family members their right to protect their personal health information.
2. If you or a covered family member wishes to allow access to another covered family member, please follow the steps below:

STEP 1

Log into your My Allied Portal account on member.alliedbenefit.com or from the mobile app.

STEP 2

From the Homepage, go to **Account Settings**, and select "Change Preference" next to **Manage Consent/Access**.

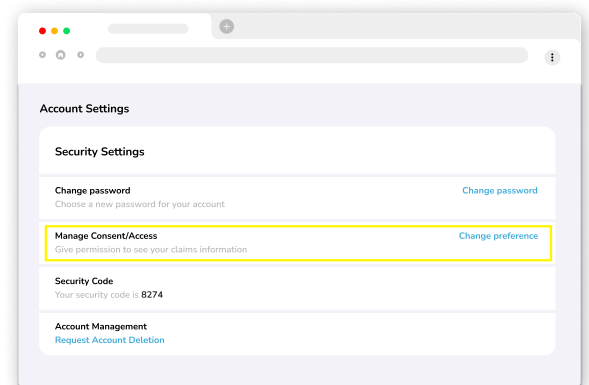
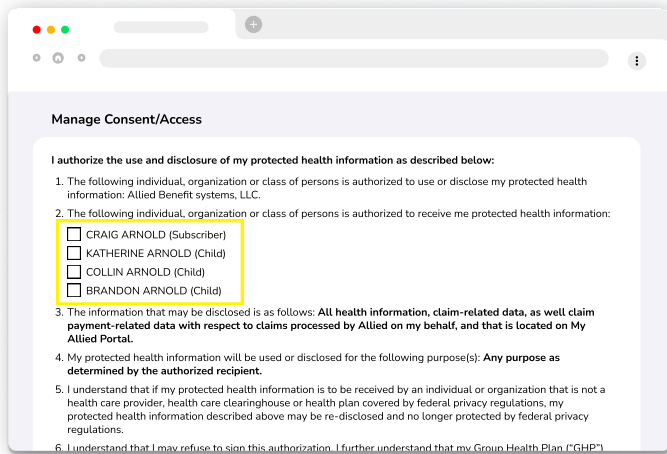


Image is depicting Step number 2.

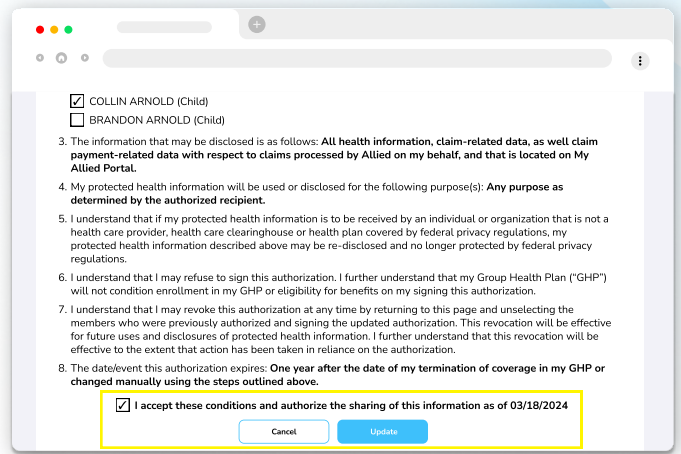
STEP 3

Check the box next to the individuals you wish to authorize access for.



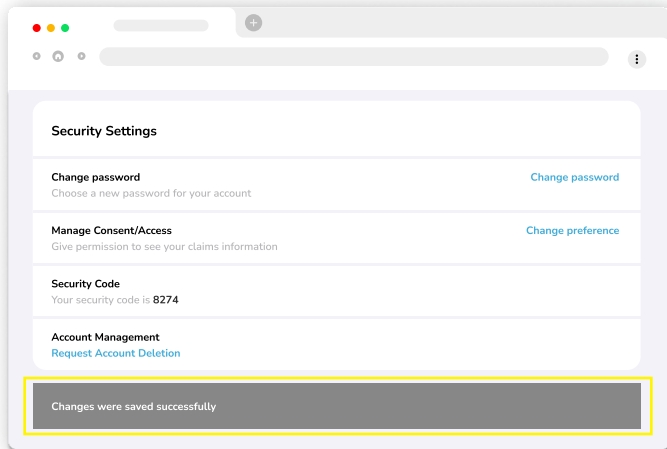
STEP 4

Accept the terms and conditions, then click "Update".



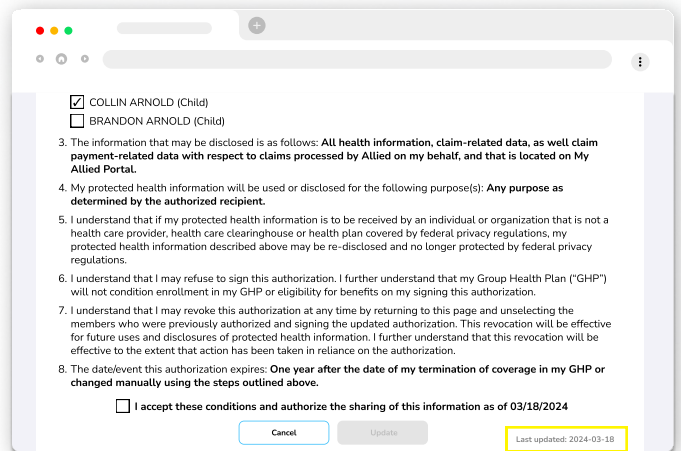
STEP 5

Once submitted, a pop-up will appear on the next page confirming the changes were successfully made.



STEP 6

You can go back at anytime to confirm preferences or make changes. The bottom right of the page will be time-stamped indicating the date it was last updated.



Don't forget! Granting access to appropriate family members can be important if a member is hospitalized or otherwise unable to view their own information.

Questions? Call the toll-free number on the back of your ID card.

My Allied Portal is available to eligible plan members, ages 13 years and older. All programs and services are subject to applicable terms and conditions.