

EASY, ON-DEMAND CARE IN MINUTES

Visit a doctor or therapist online
at your convenience

- NO COST, copays, deductibles, or per-call charges*
- Prescriptions called in to your local pharmacy
- Avoid germ-filled waiting rooms
- Fast and easy access by phone, app, or web, 24/7/365
- Plan covers the entire family
- Talk to our doctors by phone or secure video chat, on your schedule

ACTIVATE YOUR ACCOUNT TODAY!

1. Activate Your Account

Online: activate.allyhealth.net
Phone: 888-565-3303 ext. 2

2. Complete Your Medical History

Simply complete your medical history during registration (by phone or online)

3. Request a Consultation

Online: member.allyhealth.net
Phone: 888-565-3303 ext. 1

Cougar Care Services Include:



Mental Health

Connect with a licensed therapist, psychologist, or other behavioral health specialist from home, the office, or on the go via secure video. 100% private and confidential, with free visits included in your plan*!



Student Assistance

Our professional, confidential, short-term assistance provides the right tools to help students through some of life's toughest challenges.



Telemedicine

Our network of doctors and pediatricians can diagnose, treat and prescribe for you and your family, 24/7 on your schedule. Anytime. Anywhere. With no consult fees!



Scan to download
the Cougar Care app!