**Allianz ⏻ Care**

# Allianz
# MyHealth
# Digital Services

**Through MyHealth, available as a mobile app and online portal, you have easy and convenient access to your cover, no matter where you are or what device you are using.**

With MyHealth mobile app or portal, you can access:

**My policy**
Key policy information such as summary of cover, start and renewal date, area of cover, who is insured under the policy (dependants), policy documents (Insurance Certificate, Benefit Guide, Table of Benefits, Membership Card and forms) and payment details.

**My claims**
Claim submissions in a few clicks and details on claims history.

**My Benefits**
You can find out what you're covered for and by how much.

**Health Assistant**
Digital tool and services to help you manage your health and wellness.

# We have bundled all useful health and wellness tools in Health Assistant. Here you can access our:

**Symptom Checker:** an easy to use multi-language support tool for quick reference and guidance.

**Find a Hospital:** locate medical providers nearby.

**Pharmacy Aid:** look up the local equivalent names of branded drugs.

**Medical Term Translator:** translate names of common ailments into 17 languages.

**Emergency Contact:** access local emergency numbers worldwide.

**Telehealth Hub:** access medical information or consultations from the comfort of your home or office, whenever and wherever they need it.

**Health and Wellness Hub:** a range of services, tips, tools, articles and guides to help protect you from preventable health risks, gathered in one convenient place.

## Services available at our Health & Wellness Hub:

**HealthSteps app**
The Allianz HealthSteps app was designed to give personalised guidance and help you reach your health and fitness goals.

**Health & wellness advice and webinars**
Tips, tools, videos, quizzes, articles and guides to help you make healthier decisions.

**Understanding your healthy numbers**
Information about healthy numbers relating to BMI, blood pressure, Triglycerides, Fasting Blood Glucose and Blood Cholesterol.

**Oncology management**
We will assign a dedicated case manager – a healthcare professional from our own Medical Team - to guide and assist members going through cancer treatment.

## Getting started:

1. Login to MyHealth online portal to register. Go to **https://my.allianzcare.com/myhealth**, click on "REGISTER HERE" near the bottom of the page and follow the on-screen instructions. Be ready to provide your policy number, which you can find in your Insurance Certificate.

2. As an alternative, you can register via our MyHealth App. To download it, search for "Allianz MyHealth" on the Apple App Store or Android's Google Play service.

3. Once setup, you can use the email (username) and password you provided during registration to login to MyHealth online portal or app. The same login details are used for both and in the future, if you change login details for one, it will automatically apply to the other. You don't need to change them in both places. We also offer a biometric login option for the app, for example Touch ID or Face ID, where supported by your device.
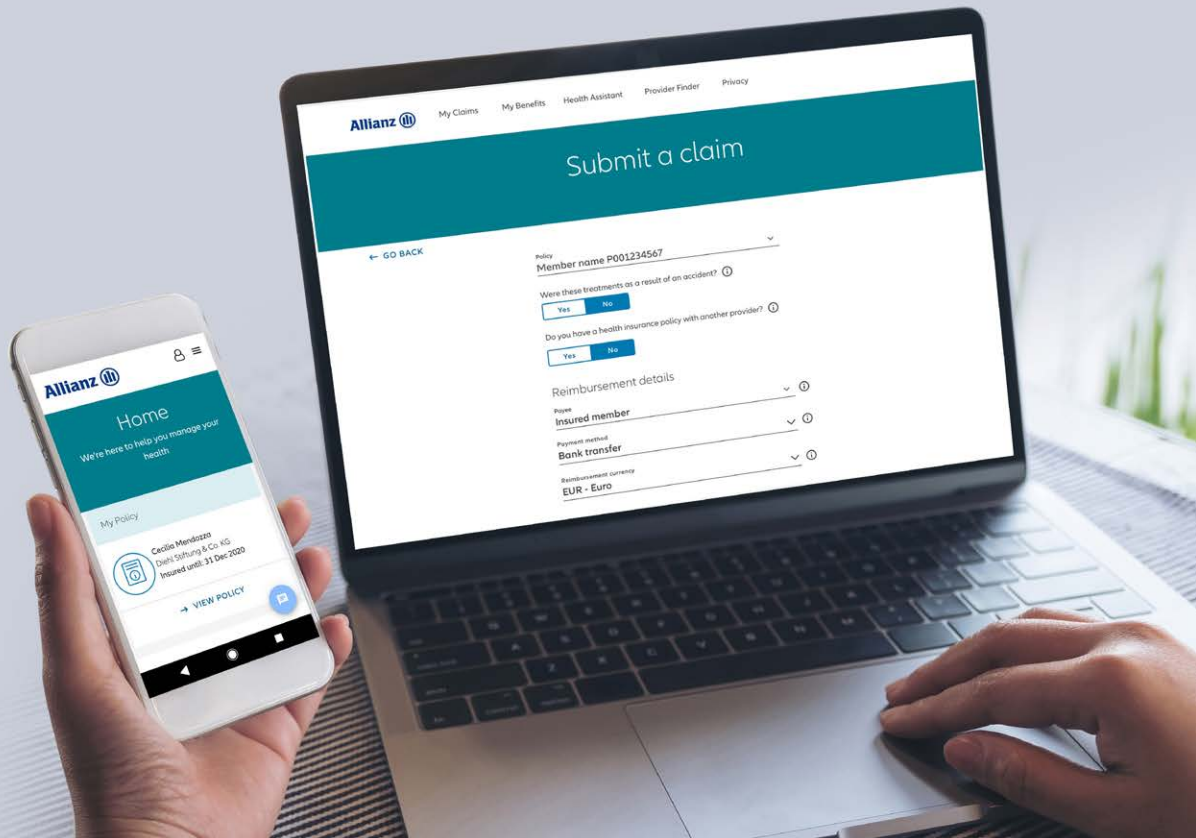
*The best insurance of all. Excellent service, it was very easy and quick to submit medical claims and get reimbursed when I used MyHealth. You don't have to worry when you have Allianz.*

**Talal S.**

All personal data within MyHealth Digital Services is encrypted for data protection.

For more information, please visit www.allianzcare.com/en/myhealth-online.html

If you have any queries please contact our Helpline on: + 353 1 630 1301
or email: client.services@allianzworldwidecare.com

For our latest list of toll-free numbers, please visit:
www.allianzcare.com/EN/pages/toll-free-numbers.html