



[DR-]

Cancer Coach

by OSARA HEAL+H

When the unexpected happens

Allstate Benefits has partnered with Osara Health to empower those impacted by cancer to thrive using expertise, empathy and technology.



The Osara experience



Additional Support

One on one sessions with a dedicated health coach to talk things through with.



Better conversations with medical professionals

Resources to support you and help make positive behavior change.



Purposeful and manageable goal setting

Evidence based cancer care management strategies such as symptom tracking, sleep, diet and general wellbeing advice on mindfulness and exercise.



Strengthen habits

Access to the Osara Health app to track your symptoms and join a community where you learn from others experiences.



Take back control

If and when applicable, further support on employment planning and resetting your relationship with work.

3 Easy Steps to Get Started

Enroll

Visit our Allstate Benefits Osara Health Landing page accessible via <https://osarahealth.com/en-US/allstatebenefits/>

We'll get in touch

Your coach will get in touch directly to discuss your program. You can learn more about the program, and decide how you would like to proceed.

Program Begins

Your health coach will create your tailored program. You'll get personalized modules sent to you and you can begin scheduling calls with your health coach whenever it suits you.



The Self-Funded Program through Allstate Benefits provides tools for employers owning small to mid-sized businesses to establish a self-funded health benefit plan for their employees. The benefit plan is established by the employer and is not an insurance product. Allstate Benefits is a marketing name for: Integon National Insurance Company in CT, NY and VT; Integon Indemnity Corporation in FL; and National Health Insurance Company in CO, WA and all other states where offered. For employers in the Allstate Benefits Self-Funded Program, stop loss insurance is underwritten by these insurance companies in the noted states.

Allstate Benefits is a marketing name for: Integon National Insurance Company in TX and IN; and National Health Insurance company in MO and FL. Group health insurance plans offered by Allstate Benefits are offered by Integon National Insurance Company in TX and IN; and National Health Insurance company in MO and FL.

THIS PAGE INTENTIONALLY LEFT BLANK