



maximize your plan with new personal coaching

Identity theft and fraud are always evolving, and the methods used by criminals are becoming more sophisticated. It can be challenging to stay updated on the latest fraud trends, as well as the cybersecurity tools and best practices necessary for identity health.

That's why we created Personal Coaching. Designed exclusively for members and provided at no additional cost, our specialized, one-on-one training sessions with Allstate Identity Protection experts delve into specific fraud topics with a focus on protection and prevention, providing incisive and insightful guidance and resources.

Our U.S.-based experts help members understand the specific threats to their identity, such as phishing, data breaches, and social engineering tactics, while providing personalized strategies and tailored tools to help protect their information based on their lifestyle, online habits, and vulnerabilities.

How it works

It's easy to get started.

1. In the portal, members select the Personal Coaching tab from the main menu and choose a topic.
2. Then, members choose a date and time range for the phone call that fits their schedule.
3. Once members are matched with one of our specialists, we'll confirm the exact appointment time for the call.

Personal Coaching helps members protect themselves, empowering them to take control of their digital life and safeguard their personal information.



Choose personal coaching on:

- Elder fraud
- Spotting scams
- Your plan features

Need additional help?

Members can schedule sessions for other topics whenever fits their schedule.