



## Get mental health care from anywhere.

See a top therapist or psychiatrist right on your phone. We help you make a real connection with a provider you'll feel comfortable seeing again and again.

### Find the right mental health care, right away.

- Choose from a network of experienced therapists and psychiatrists to find the right one for your unique needs.
- Get help with anxiety, depression, relationships, and medication management, including new or existing prescriptions.
- With next-day virtual visits available, connect face to face from your smartphone or computer when and where you're most comfortable.

Activate your account today.

—Your Doctor On Demand Team

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**P.S.** Doctor On Demand is your new health benefit.

Activate your account in less than a minute.

1. Download the app.
2. Search for and select your insurance carrier when you activate your account.
3. Book a visit.



Download the app

