



## Get mental health support during cold and flu season.

When you're dealing with cold and flu symptoms on top of seasonal depression and the holiday blues, it can feel overwhelming. With Doctor On Demand® by Included Health, you have online access to 24/7 urgent care, as well as mental health care from the comfort and privacy of your own home.

### We're here to help:

- + Get 24/7/365 access to urgent care from your phone or computer, wherever you are.
- + Connect with a therapist when you're struggling with depression, anxiety, or more.
- + See a psychiatrist when you need help with medication management.
- + Get your prescriptions sent to a local pharmacy near you.
- + **And more.**



**Download the app.**