

# Doctor On Demand is here to care for men's health.

Did you know that the life expectancy for men is about 6 years less than the average woman? Many of the health challenges men face can be prevented and treated with an early diagnosis. We can help by providing access to high-quality urgent and mental health care online.

## Stress and anger

Men are naturally prone to forms of stress and anger that can raise blood pressure and stress hormones, increasing the risk of chronic conditions like heart disease. If you're struggling to process what you're thinking and feeling, reach out to a mental health provider for help.

## Diabetes

When diabetes isn't managed or left undiagnosed, it can lead to other health problems, including heart disease, stroke, vision loss, and more. Men who are over the age of 45, overweight, and have a parent or sibling with type 2 diabetes are at high risk.

## Sexual health

Erectile dysfunction is more common in men who have diabetes, heart disease, high blood pressure, or depression. Exercising regularly can not only help improve blood circulation, but it also has positive effects on mental health, weight management, and stress levels.



Did you know?

**14.7%** of men ages 18 and older in the U.S. are in fair or poor health.\*



**Download the app.**

## How can Doctor On Demand help?

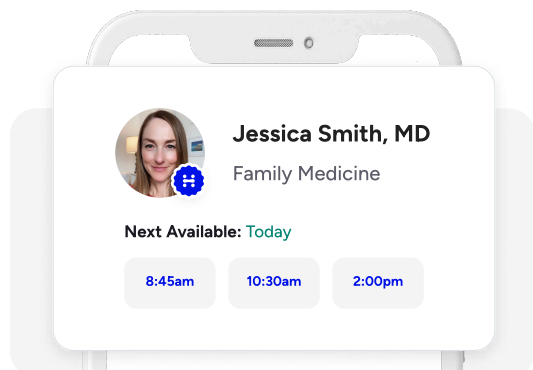
With Doctor On Demand, you can:

- See a doctor online in a matter of minutes if you're dealing with urgent issues like sports injuries, UTIs, and more.
- Connect with a therapist or psychiatrist if you're struggling with the emotional and mental impacts of your health, including a cancer diagnosis, chronic pain, sexual health issues, and more.
- Get treatment advice and guidance from a diverse network of doctors, nurses, and more available 24/7/365 online.



A wonderful way to see the doctor online without the hassle of going to ER or urgent care where you wait for hours and hours.”

—Member



\*Source: CDC

\*\*Source: American Cancer Society



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