

Prepare for cold and flu season this year.

When cold or flu hits, virtual care from Doctor On Demand® is just a tap away. Get expert advice, fast treatment, and symptom relief—anytime, anywhere.

Follow some practical tips to stay healthy all season long.

Avoid touching your face.

And wash your hands frequently for 20 seconds.

Keep surfaces clean.

Wipe down common areas with disinfectant.

Wear a mask.

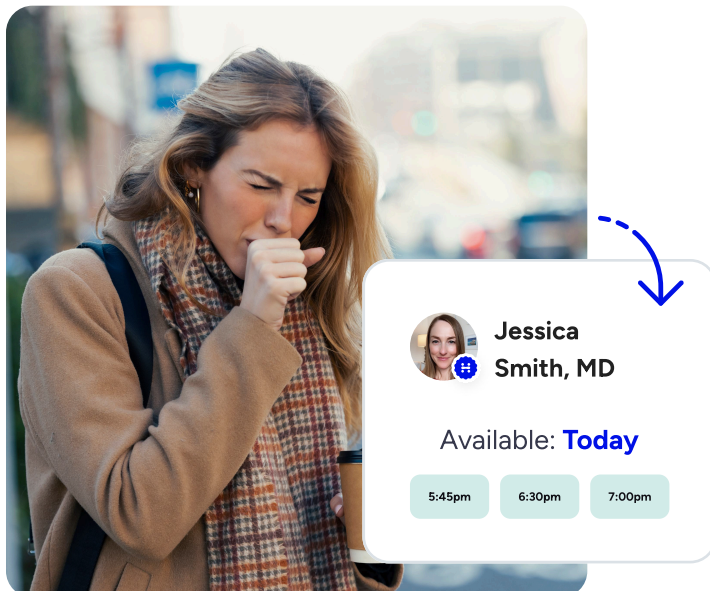
Especially if you're worried about the spread of COVID.

Get vaccinated.

Flu vaccines can lower your risk of getting sick.

Be travel ready.

Pack hand sanitizer, wipes, OTC medication, and a thermometer.



Book a virtual visit.

Starting to feel sick? Here's what to do in the first 24 hours.

Don't overexert yourself.

And wash your hands frequently for 20 seconds.

Keep surfaces clean.

Wipe down common areas with disinfectant.

Take over-the-counter medication.

Early symptoms can be treated with common pain relievers.

Drink plenty of fluids.

Staying hydrated helps your immune system do its job.

Get care online.

Book a virtual visit with Doctor On Demand if symptoms worsen.

Why virtual care works for you

- ✓ Skip the long wait times and commutes to the doctor's office.
- ✓ See a doctor fast whenever you or your family need treatment support.
- ✓ Get your prescription sent to a local pharmacy of your choice.



**Tap into fast,
expert care.**



Book a virtual visit.