



# The doctor's office designed around you

Having a place to turn for your physical and mental health whenever you need it can be reassuring. That's where your One Medical benefit comes in. We're a primary care practice that makes it faster, easier, and more enjoyable to get care, anytime — in our offices and 24/7 from your phone.

## A few reasons why people love One Medical



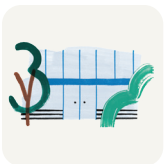
### Same/next-day appointments that start on time

Talk to an available provider of your choice about any health topic — from prevention to mental health to sexual health to chronic conditions — in an office or over video at a set time.\*



### 24/7 care with Video Chat — at no cost to you

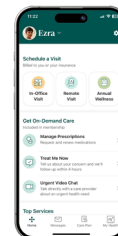
Get care for urgent issues (like a stomach bug or rash) over Video Chat in minutes or message our medical team with our app anytime, day or night. There's no cost to you — and it could potentially save you an unnecessary trip to the ER or urgent care.



### Access to offices nationwide

Get exceptional care and drop-in lab work at beautiful offices designed to put you at ease — whether you're at home or traveling.

\*In-office and Remote Visits are billed to insurance. Standard copay and deductibles apply. Check with your insurance for details. Remote Visits must be done with a provider in the state you're currently in.



Download the One Medical app to easily book appointments, request prescriptions, get care 24/7, message providers, view your care plan, and more.

## Activate your sponsored membership today.

The cost of membership is covered for you, your spouse/partner, and dependents.

Sign up now at [onemedical.com/myhealth](https://onemedical.com/myhealth)  
Use code **ITBCXOM**

