



# Fitting mental health care into your day **doesn't have to be hard**

Have 30 minutes in the car while your child is at their activities? Or maybe you want to talk to someone before the first bell. We can make that work with Doctor On Demand® virtual mental health care.

## How can we help?

Some examples of how our providers and therapists can help:

- Anxiety
- Depression
- Stress and burnout
- Isolation
- Grief and loss
- Relationship issues
- PTSD
- Difficulty sleeping

## What it costs

Doctor On Demand virtual visits cost less than an office visit, and far less than a trip to the emergency room or urgent care. The cost of your visit is provided up front, so you won't have any surprises after your visit. There are no setup or monthly fees.



Visit a therapist on your smartphone, tablet or computer from virtually anywhere.

## Getting started is easy.



1. Scan the QR code to visit [DoctorOnDemand.com/Wellmark](https://www.DoctorOnDemand.com/Wellmark) and download the Doctor On Demand app.
2. Have your Wellmark Blue Cross and Blue Shield member ID card ready.
3. Create an account or sign in to begin your visit.
4. Pick your provider. Select the next available appointment or find the time best for your schedule.



FOR MORE INFORMATION VISIT:

[DoctorOnDemand.com/Wellmark](https://www.DoctorOnDemand.com/Wellmark)



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Doctor On Demand physicians do not prescribe Drug Enforcement Administration-controlled substances, and may elect not to treat conditions or prescribe other medications based on what is clinically appropriate.

For plans that include benefits for mental health treatment, Doctor On Demand benefits may include treatment for certain psychological conditions, emotional issues and chemical dependency. Services performed by Doctor On Demand psychologists are covered. Doctor On Demand does not provide psychiatry services. For more information, call Wellmark at the number on your ID card or call Wellmark Customer Service.

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