Wellmark®

FEELING BETTER SHOULD BE EASY.

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

Dr DOCTOR ON DEMAND

GETTING STARTED IS EASY.

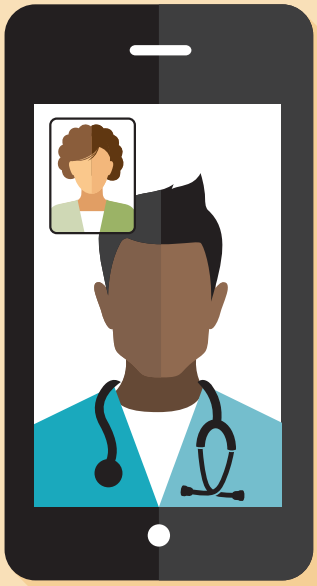
1. Download the Doctor on Demand app or visit DoctorOnDemand.com.
2. Have your Wellmark member ID card ready.
3. Create an account or sign in.

[1] Doctor On Demand physicians do not prescribe Schedule I-IV DEA Controlled Substances and may elect not to treat or prescribe other medications based on what is clinically appropriate.)

[2] Services performed by psychologists are available for some plans. Psychiatry is not covered. For more information, ask your benefits administrator or call Wellmark at the number on your ID card.

SEE A DOCTOR IN MINUTES

Getting sick is bad enough without having to get out of bed, go to the doctor and sit in a waiting room with other sick people. With Doctor on Demand, you and your family members can see a board-certified doctor in minutes who can treat the most common medical conditions and prescribe medication if needed.[1]



Get treatment for:

- **Cold and flu**
- **Bronchitis and sinus infections**
- **Urinary tract infections**
- **Sore throats**
- **Allergies**
- **Fever**
- **Headache**
- **Pink eye**
- **Skin condition**
- **Mental health issues** (including anxiety, depression, relationship issues, grief, eating disorders, smoking cessation or alcohol dependence)[2]

Questions? Call 800-997-6196.

WITH DOCTOR ON DEMAND, WELLMARK MEMBERS GET MORE.
IT'S CONVENIENT, EASY AND YOUR BENEFITS APPLY AUTOMATICALLY.

Wellmark complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, los servicios de asistencia de idiomas se encuentran disponibles gratuitamente para usted. Comuníquese al 800-524-9242 o al (TTY: 888-781-4262).

注意 : 如果您说普通话 , 我们可免费为您提供语言协助服务。请拨打 800-524-9242 或 (听障专线 : 888-781-4262) 。

ACHTUNG: Wenn Sie deutsch sprechen, stehen Ihnen kostenlose sprachliche Assistenzdienste zur Verfügung. Rufnummer: 800-524-9242 oder (TTY: 888-781-4262).

Wellmark®

Wellmark Blue Cross and Blue Shield of Iowa, Wellmark Health Plan of Iowa, Inc., Wellmark Synergy Health, Inc., Wellmark Value Health Plan, Inc. and Wellmark Blue Cross and Blue Shield of South Dakota are independent licensees of the Blue Cross and Blue Shield Association.

Wellmark's virtual health care visit benefit is made available through an independent company, Doctor On Demand, Inc., and the telemedicine services are provided by licensed physicians practicing within a group of independently owned professional practices. Doctor On Demand, Inc. does not itself provide any physician, mental health or other healthcare provider services. Doctor On Demand operates subject to state laws. Doctor On Demand offers medical care in 47 states (not currently available in AK, AR and LA). Doctor On Demand is not intended to replace an annual, in-person visit with a primary care physician.

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