Wellmark

Say goodbye to the **stress of scheduling**



Doctor On Demand® virtual mental health care is available on your schedule, when and where you need it, with a provider who fits your needs.

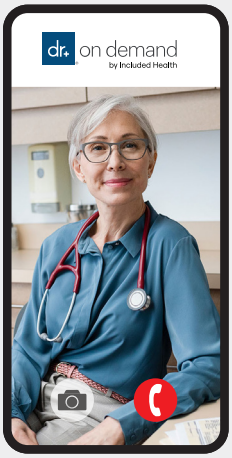
How can we help?

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 are a covered benefit and the copay is often much less than an in-office visit. 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** 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



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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.

Doctor On Demand by Included Health is a separate company providing an online telehealth solution for Wellmark members. Doctor On Demand® is a registered mark of Included Health, Inc.

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