



# Feeling better SHOULD BE EASY

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

## Connect in minutes

Same day mental health appointments are available. You can also choose your provider and see a therapist or psychiatrist within days rather than months. Plus, get treatment for 90 percent of all common ER complaints, from common colds to uncommon rashes, whenever and wherever you're comfortable.

## Get treatment for:

- Mental health<sup>1</sup>
- Cold and flu
- Bronchitis and sinus infections
- Urinary tract infections
- Sore throats
- Allergies
- Fever
- Headache
- Pink eye
- Skin condition

<sup>1</sup> Mental health coverage includes psychiatry services and medication management along with treatment for psychological conditions, emotional issues and chemical dependency. For more information, call Wellmark with the number on the back of your ID card.



**dr.** on demand  
by Included Health

## Getting started is easy.



1. Scan the QR code above 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.

**24/7 Questions:**  
**Call 800-997-6196**

*Callers could experience longer wait times between 10 p.m. and 6 a.m. CST or may be directed to schedule an appointment in some instances.*





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