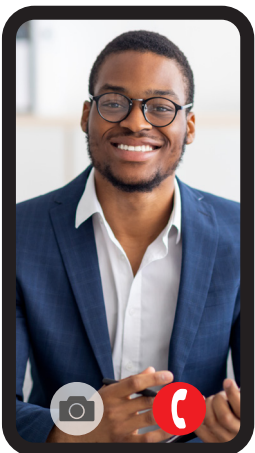


Feeling blue? Virtual visits are here for you

When it comes to coping with mental health, you're not alone. Virtual visits can be available to you day or night all from the comfort of your home.



dr. on demand
by Included Health

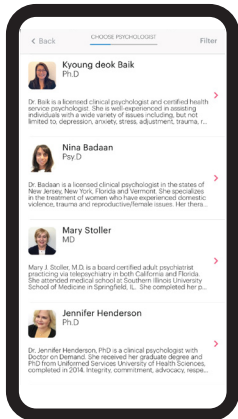
MENTAL HEALTH.* It's a topic many avoid or are timid to discuss. But, according to NAMI.org (National Alliance on Mental Health):

1 in 5 adults live with a mental health condition.

60% aren't receiving the treatment they need.

* Mental health coverage includes psychiatry services and medication management along with treatment for psychological conditions, emotional issues and chemical dependency. Please refer to your coverage manual for complete benefits information.





Review and
choose your
doctor

Comfortable, connected, confidential

As a part of your health benefits, you can connect with a licensed therapist — or psychiatrist for more complex issues — to listen and help you find solutions.

Ready when you are

Make time for you and your overall health and well-being by scheduling your Virtual visit today.



Easily scheduled
appointments
— flexible to
YOUR schedule.



Review
hand-picked,
board-certified
providers and
their profile.



Accessible
anywhere — at
the office or from
your home.



Private and
confidential.

WANT MORE INFORMATION?

Visit **DoctorOnDemand/Wellmark.com**, or contact
Wellmark customer service at the phone number listed
on the back of your ID card.



Virtual visits can be used for:

- Depression
- Workplace stress
- Relationship issues
- Trauma and loss
- Social or general anxiety
- Addictions



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