

# Feeling blue? Virtual visits are here for you

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



## 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.

## 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.

### Virtual visits can be used for:

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



**Easily scheduled appointments — flexible to YOUR schedule.**



**Review hand-picked, board-certified providers and their profiles.**



**Accessible anywhere — at the office or from your home.**



**Private and confidential.**



### WANT MORE INFORMATION?

Visit [DoctorOnDemand.com/Wellmark](https://www.doctorondemand.com/wellmark), scan the QR code or contact Wellmark customer service at the phone number listed on the back of your ID card.



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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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