



# Connect to urgent and mental health care from anywhere.

See a doctor, therapist, or psychiatrist virtually with Doctor On Demand by Included Health.



Get treatment for 90% of all common ER complaints, from common colds to uncommon rashes. Plus, connect with a therapist or psychiatrist whenever and wherever you're comfortable.

## We make it easy to find the right care, right away.

-  **Connect face-to-face with your provider** from your phone, tablet, or computer.
-  **Find the right therapist or psychiatrist for you** from a diverse network of providers and specialists.
-  **Get urgent care in as little as five minutes** with 24/7/365 access to experienced providers.

## How much does it cost?

Urgent care visits are \$0. Therapy and psychiatry visits vary, register or log in to see your cost before your first visit.

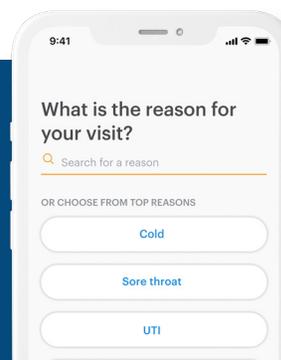
## How do I get started?

- 1 Download the Doctor On Demand app.**  
Activate your account or login.
- 2 Pick your provider.**  
Select the next available appointment or find the time best for your schedule.
- 3 Get care at home or on the go.**  
Get help with all your healthcare needs from experienced doctors, therapists, and psychiatrists.

Doctor On Demand services are covered as part of your Harvard Pilgrim Health Care benefits, please see member materials for more information. Doctor On Demand is a participating provider in Harvard Pilgrim Health Care's network.

## Activate your account.

[doctorondemand.com/harvard-pilgrim](https://doctorondemand.com/harvard-pilgrim)  
1-800-997-6196



Download the app

