

# 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.

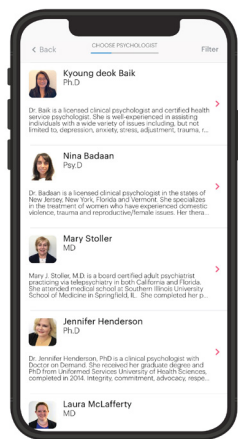


**MENTAL HEALTH.\*** It's a topic many avoid or are timid to discuss. But, according to NAMI.org (National Alliance on Mental Health):

**1 in 5** adults are experiencing mental health issues.

**60%** aren't receiving the treatment they need.

dr. on demand



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.com](https://www.doctorondemand.com), or contact Wellmark customer service at the phone number listed on the back of your ID card.

\*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.

## Virtual Visits can be used for:

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

Wellmark complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, los servicios de asistencia de idiomas se encuentran disponibles gratuitamente para usted. Comuníquese al 800-524-9242 o al (TTY: 888-781-4262).

注意：如果您说普通话，我们可免费为您提供语言协助服务。请拨打 800-524-9242 或（听障专线：888-781-4262）。

ACHTUNG: Wenn Sie deutsch sprechen, stehen Ihnen kostenlose sprachliche Assistenzdienste zur Verfügung. Rufnummer: 800-524-9242 oder (TTY: 888-781-4262).



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