

# Connect to mental health care from anywhere.

See a top therapist or psychiatrist right on your phone. With next-day virtual visits available, Doctor on Demand® by Included Health helps you make a real connection with a provider you'll feel comfortable seeing again and again.

## Find the right mental health care, right away.

-  Choose from a network of experienced therapists and psychiatrists to find the right one for your unique needs.
-  Get help with anxiety, depression, relationships, and medication management, including new or existing prescriptions.
-  With next-day virtual visits available, connect face to face from your smartphone or computer when and where you're most comfortable.

## How much does it cost?

To see how much a visit will cost, log in to your account or register for Doctor On Demand. We'll always show you the cost upfront, so there's no surprise bills.

## How do I get started?

1. Download the Doctor On Demand app.
2. Activate your account or log in.
3. Get the mental health care you need.



**Activate your account.**

[doctorondemand.com/surest](https://doctorondemand.com/surest)

