

# Urgent healthcare questions? Get answers instantly.

Speak with a medical professional right away, right from your phone.



Included Health gives you access to a team of healthcare experts for answers to healthcare questions. Whether you're worried about new or worsening symptoms, or aren't sure if you need to see a doctor, give us a call to figure out the next best steps for your care.

## How do I get started:

- 1 Download the Included Health app.
- 2 Activate or log in to your account.
- 3 Select **Call for fast health advice** to speak with a nurse.

## Get answers to urgent, everyday, and mental health care questions.

- ✓ Primary care providers
- ✓ OB/GYNs
- ✓ Dermatologists
- ✓ Therapy
- ✓ Psychiatrists
- ✓ Pediatricians
- ✓ Surgeons
- ✓ And more

## Here's how we help:

- Speak with a nurse in as little as two minutes
- Get answers to urgent questions
- Ask about new or worsening symptoms
- Get guidance on next steps for care

## Find a doctor.

Download the Included Health app.

