



 ONLINE CARE

FEELING SICK? GET CARE QUICK.

All you need is a smartphone, tablet or computer to get fast, convenient care with Doctor On Demand[®] by Included Health.

Let the doctor come to you

With Doctor On Demand, video visits can be done in just minutes — with no travel time. It's quick, it's convenient and it saves you money.

Board-certified doctors are available 24/7, 365 days a year to treat many common medical conditions. You can also schedule next-day appointments to see licensed psychologists and psychiatrists between 7 a.m. and 10 p.m., local time.

FEEL BETTER FAST

Doctor On Demand is just a phone call away to get the care you need for your physical and mental health:

- Cold and flu
- Sinus infections
- Nausea and vomiting
- Asthma
- Allergies and rashes
- Urinary tract infections
- Headaches and migraines
- Stress and anxiety
- Insomnia
- Depression and mood swings
- Trauma and loss



How much a visit costs*

The cost is typically less than an in-person visit.

- **Medical:**
Up to \$65.56
- **Psychology:**
\$81.96 - \$157.35
- **Psychiatry:**
Up to \$314.71 first visit;
up to \$143.15 follow-up

*Depending on your health plan, all or some of the cost may be covered. Pricing shown is for 2026 and subject to change.

To learn more, or to sign up now, visit
doctorondemand.com/bluecrossmn.

Doctor On Demand® by Included Health is an independent company providing telehealth services.

Blue Cross® and Blue Shield® of Minnesota and Blue Plus® are nonprofit independent licensees of the Blue Cross and Blue Shield Association.

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