

# Quality Care – Anytime, Anywhere

Connect with a doctor from your phone, tablet, or computer 365 days a year, 24/7.

## A Doctor's Touch at the Touch of a Button

Through live video, meet with a board-certified doctor anytime you need, all from the comfort of your home. The doctor can discuss your medical and/or mental health history, review symptoms, and recommend treatment. These services are completely covered by your health plan – you pay nothing out of pocket!\*

What's more, your primary care physician (PCP) can receive relevant notes from Doctor On Demand® regarding your appointment to better coordinate your care. Check with your PCP at your next visit.

## Treatment for Hundreds of Health Conditions

Don't have time to wait at urgent care but need a doctor? Doctor On Demand physicians treat a wide variety of common medical issues, such as:

- ▶ Allergies
- ▶ Colds, coughs, congestion, and flu
- ▶ Depression and anxiety
- ▶ Heartburn and indigestion
- ▶ High blood pressure
- ▶ Migraines
- ▶ Pink eye
- ▶ Rashes
- ▶ Sprains
- ▶ Urinary tract infections
- ▶ And more!

## How to Get Started

1. Visit [doctorondemand.com/cdphp/join](http://doctorondemand.com/cdphp/join) or download the app from the App Store or Google Play on your smartphone.

2. Register for your free account.

**FOR WEBSITE USERS:** Click **Join Now** on the upper right side of the homepage, then follow the screen prompts.

**FOR APP USERS:** Click **Sign Up** on the bottom right corner of the app, then follow the screen prompts.

During the registration process, be sure to add CDPHP as your insurance provider so you do not have to pay a fee when you meet with a doctor.\* For questions or assistance with using Doctor On Demand services, please call the support line at 1-800-997-6196.



Visit [doctorondemand.com/cdphp/join](http://doctorondemand.com/cdphp/join) to learn more.

\* If CDPHP is not your primary insurance provider, you may be required to pay a fee to Doctor On Demand prior to the visit. You may be eligible for a refund of this fee. If you have questions about your CDPHP coverage for Doctor On Demand visits, please contact member services at the number on your member ID card.