



Get Fast, Convenient Virtual Care 24/7

You can connect with a U.S. board-certified provider from anywhere in the U.S. via your smartphone, tablet, or computer for non-emergency conditions in less than an hour.¹

- **Everyday Health:** rashes, acne, eczema, asthma, and more.
- **Urgent Care:** pediatric care, cold & flu, sinus infections, bronchitis, UTIs, yeast infections, pink eye, and more.

Access confidential therapy and psychiatry services 7 days a week — on your schedule.

Choose from a variety of therapists with different specialties and build a relationship with the provider who best meets your needs. Appointments available within 1-3 days.

- **Therapy:** Support for conditions such as anxiety, depression, stress, grief & loss, postpartum, post-traumatic stress disorder (PTSD), youth mental health, couples therapy, Eye Movement Desensitization and Reprocessing (EMDR), and Cognitive Behavioral Therapy (CBT).
- **Psychiatry:** Mood disorders, psychiatric evaluations, initial diagnosis, medication management, and more.

Doctor On Demand providers can also order your prescription² at your local pharmacy when medically necessary.

Why Doctor On Demand?

- **Proven Results:** 95% case resolution rate.
- **Fast Access:** 5-minute average wait time.
- **Quality Care:** 4.9 out of 5 stars average rating.
- **Expert Providers:** 17+ years average experience.
- **Providers with diverse backgrounds:** 33% identify as racial minorities, 11% as LGBTQ+.

What Harvard Pilgrim Members Say

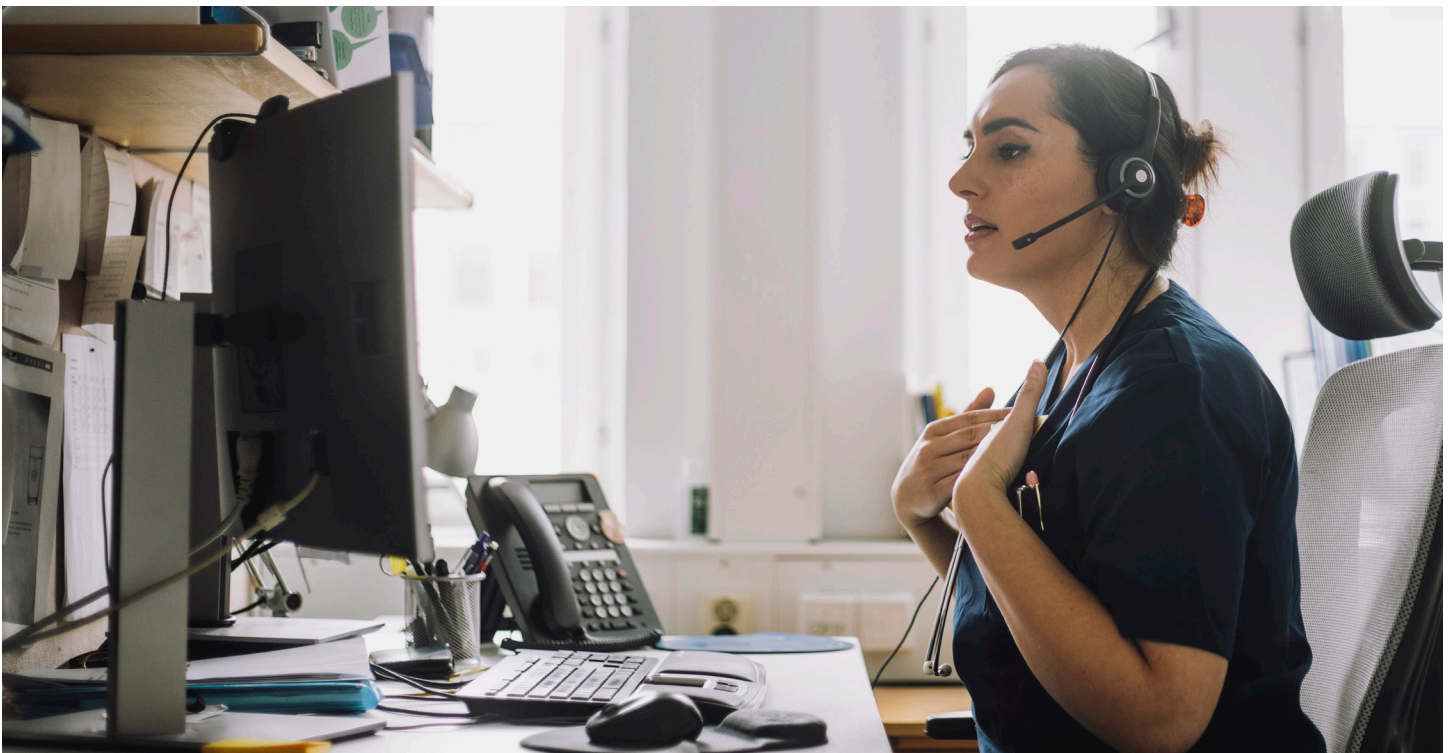
"Great, quick visit that sure beat waiting at Urgent Care!"

"What a lovely MD! Concerned and caring! The whole process is great :)"

"My experience was phenomenal. I was able to describe my symptoms via video chat and the Dr. sent a prescription to my local pharmacy within minutes. This was such an efficient solution to a sinus infection without requiring me to take time off of work."

Set up your account in three simple steps:

1. Visit doctorondemand.com/harvardpilgrim and have your member ID card ready.
2. Enter your health insurance information. This is an essential step to complete your registration.
3. Create your account and request a visit.



¹ In case of emergency, please call 9-1-1 or visit the nearest emergency department. Doctor On Demand virtual care services are available to Harvard Pilgrim Commercial members with employer-sponsored coverage. Member cost-sharing may apply. Members should refer to their plan documents for specific details regarding their coverage and benefits.

² Doctor On Demand physicians do not prescribe Schedule I-IV DEA controlled substances, and may elect not to treat or prescribe other medications based on what is clinically appropriate. This section applies to everyday health, urgent care, therapy, and psychiatry.