

It's convenient to get care without having to leave the house.

We all have minor illnesses and accidents. There are times when a PCP visit isn't available and we need care right away, but it's not life threatening. Visiting the ER can be time consuming and expensive.

Harvard Pilgrim offers a variety of options for you to get care in a different setting than the ER¹, no matter where you live or work, that can save you time and money.

As a Harvard Pilgrim member, you are covered to receive virtual visits, or telemedicine/telemental health: urgent medical care and routine behavioral health care using live video on a smartphone, tablet or computer. Visits are typically subject to the applicable outpatient office visit cost sharing based on your plan.

Urgent Medical Care Options

Doctor on Demand: Using the Doctor On Demand app or website, members can receive treatment for common medical conditions such as cold & flu, asthma & allergies, bronchitis & sinus issues, upset stomach, rashes & skin issues, UTIs and eye issues. Physicians can send prescriptions directly for pick-up at your local pharmacy.² After each video visit, you can rate your experience and write a doctor review.

You can be ready for unexpected illnesses by downloading the free Doctor On Demand app from the App Store or Google Play to your mobile device now. Or create an account at doctorondemand.com.

Harvard Pilgrim's provider network: Some providers may offer telemedicine services to patients. We recommend that you consult with your PCP office and/or the offices of other providers you see to learn about any offerings they have.

Connect with Doctor on Demand providers

- 1 Go to harvardpilgrim.org and click "Find a provider" at the top of the page
- 2 Choose your plan
- 3 Click "**Doctor on Demand Urgent Care and Behavioral Health Virtual Visits**"

¹ If you are experiencing a life-threatening emergency such as choking, severe head trauma, loss of consciousness, heart attack or stroke, call 911 or go to the nearest ER immediately.

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.

Behavioral Health Care Options

Optum: Optum offers a behavioral health network of approximately 4,000 contracted providers in all 50 states. Providers can evaluate and treat general mental health conditions, such as depression and anxiety. They can also provide therapy, and when appropriate prescribe medications (subject to state licensure and regulatory requirements).

Doctor on Demand: Doctor On Demand also offers behavioral health care. The most common conditions that Doctor On Demand treats are depression, relationship issues, workplace stress, social anxiety, addiction, trauma and loss. The service is not meant for crisis or emergency situations. Anyone experiencing a crisis or emergency should call 911 or go to the nearest emergency room.

To get started, visit doctorondemand.com to set up an account, or download the app in the App Store or Google Play.

Easily access behavioral health services

- 1 Go to harvardpilgrim.org and click "Find a provider" at the top of the page
- 2 Choose your plan
- 3 Click "**Behavioral Health Virtual Visits**"

Virtual visits allow you to get care from where you are with just a device and an internet connection.



Get care from licensed medical doctors, psychologists and psychiatrists



No need to travel to an office location



You won't need to find a babysitter



You receive convenient and private care from your home or any location

