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# DOCTOR ON DEMAND

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## Program Overview

Doctor on Demand is a telemedicine app that allows you meet with a Board Certified psychiatrist or psychologist over video chat for just a \$5 copay. Examples of conditions treated include anxiety, depression, postpartum depression, relationship issues, trauma & loss, and more. You can choose from the following behavioral health options:

- Medication consultation and management with Psychiatrists (45 minute initial visits/15 minute follow ups); and/or,
- Therapy sessions with Psychologists (25 minute or 50 minute session)

## Eligibility

Enrolled in a BMC employee medical plan with Health Plans, Inc.

## How to get started

Download the “Doctor on Demand” app from your cell phone or tablet. When creating your account, choose “**Health Plans, Inc.**” as your insurance.

After downloading the “Doctor on Demand” app and completing your profile information, click on the “Get Care” option and then “Book a mental health session” to choose your provider/time and book a future appointment. You can choose to book multiple appointments at once. Appointments are available using your phone, tablet, or computer. For more information, visit [www.doctorondemand.com/health-plans-inc](http://www.doctorondemand.com/health-plans-inc).

## Questions

If you need assistance, call 800.997.6196.

**Let us know what you think!** If you would like to provide feedback on your experience with this program, please email the BMC Benefits Team at [benefits@bmc.org](mailto:benefits@bmc.org).