



DOCTOR ON DEMAND: THE CARE YOU NEED, WHEN YOU NEED IT

WHAT CAN WE TREAT?

Doctor On Demand physicians treat hundreds of conditions – including 18 of the top 20 issues seen in urgent care and the ER. Each of their board-certified doctors, psychologists, and psychiatrists was trained in, and is based in, the U.S.

Doctor On Demand physicians can treat the following conditions and more:

Physical health conditions:

- colds/flu
- allergies
- migraines/headaches
- urinary tract infections
- acne and skin conditions
- diabetes
- heart conditions

Mental health issues:

- depression
- anxiety
- work-related stress
- relationship issues
- smoking cessation
- ADHD
- trauma
- eating disorders

With Doctor On Demand, you can connect with our board-certified doctors via live video from your phone, tablet, or computer – on demand 24/7 or by appointment. They can diagnose, treat, and even prescribe if necessary. It's like having your own personal doctor on call.

HOW DOES IT WORK?

Doctor On Demand works with any smartphone, tablet, or computer with a front-facing camera. Download the app from the App Store or Google Play, or access care via **DoctorOnDemand.com**.

Via live video, our doctors review symptoms and medications, perform an exam, and recommend a treatment plan. Providers are available within minutes or by appointment at a time that's convenient for you.

HOW MUCH DOES IT COST?

Doctor On Demand video visits cost far less than a trip to the ER or urgent care. **Most** True Health New Mexico plans include this service at no cost.

For **high-deductible health plan (HDHP)** members, the applicable copay or coinsurance will apply until you meet your deductible. Visit **[truehealthnewmexico.com/telehealth](https://www.truehealthnewmexico.com/telehealth)** for more information on your cost at the time of service.

HOW CAN YOU GET STARTED?

1. Download the app from the App Store or Google Play.
2. Create your account.
3. Add your True Health New Mexico coverage.

Call Doctor On Demand Support for assistance: **1-800-997-6196**.

[DoctorOnDemand.com](https://www.DoctorOnDemand.com)