

Connect to mental health care from anywhere.

Your Included Health benefits just got better. Now you can see a top therapist or psychiatrist right on your phone.



You don't have to manage stress, anxiety, or depression alone. Included Health is here to help. Find a therapist or psychiatrist who's the perfect match for you with our network of top-rated providers.

NEW! Find the right mental health care for you, right away.



Connect face-to-face with your therapist or psychiatrist from your phone, tablet, or computer.



Find the right therapist or psychiatrist for you from a diverse network of providers and specialists.



Stop waiting days or weeks for an appointment with providers available every day of the year.

How can I learn more about all my Included Health benefits?

Download the app, visit our website, or give us a call to learn more about all the benefits available to you.

How much does it cost?

Your visit could be free. To find out, log into the app to see how much a visit will cost.

Who can use Included Health?

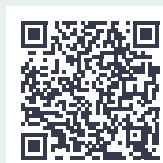
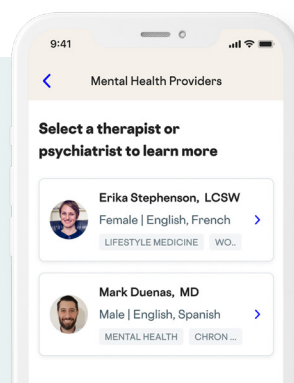
Included Health is available to all eligible employees and their covered dependents enrolled in a medical plan with Lubrizol. To better direct you to resources, Included Health will ask you questions related to your preferences. You can opt out of these questions. Included Health does not share your preferences with Lubrizol.

How can I connect with a coach?

- 1 **Download the Included Health app.** Activate your account or login.
- 2 **Pick your therapist or psychiatrist.** Choose from a carefully-vetted network of high-quality providers.
- 3 **See your provider face-to-face as often as you want.** Get help with all your healthcare needs from a dedicated provider.

Explore your account.

includedhealth.com/lubrizol
1-855-431-5532



Download the app

