

# Connect to mental health care from anywhere.

You don't have to manage stress, anxiety, or depression alone. Included Health is here to help.



See a top therapist or psychiatrist right on your phone with Included Health. Find the perfect match for a real connection with a provider you can see again and again.

We make it easy to find the right mental health care, 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 do I get started?

- 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.

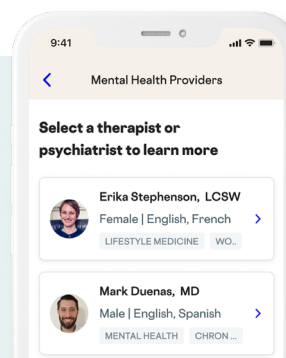
*It is important that you schedule your first Behavioral Health appointment from a device that is not connected to a VPN. This will ensure you are scheduled with a provider that is licensed in your location.*

## Who can use Included Health?

Included Health is available to all eligible employees and their covered dependents enrolled in a medical plan with Lubrizonol. 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 Lubrizonol.

# Activate your account.

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



Download the app

