

A stress-free solution to managing stress and anxiety

Thanks to Included Health, you don't have to manage stress and anxiety on your own. We're here to help without any of the normal hassles of healthcare.

How we can help:

- 1 Virtual mental health support.**
Use the Included Health app to see a therapist or psychiatrist virtually or chat with a care coordinator to find one in-person. We can even book your first appointment for you.
- 2 Complex conditions.**
If you're dealing with stress and anxiety from a complicated health issue or concern, we'll get you a dedicated care team who's there to deliver whole-person care and support.
- 3 Insurance issues.**
Dealing with your insurance or healthcare bills can be a huge source of stress. With Included Health, you have a team of care coordinators to answer your questions, resolve billing issues, and more.
- 4 Provider referrals.**
Get the support you need for stress, anxiety, and more. Our dedicated care team will match you with an in-network provider who's right for you.



Learn more.

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