

# Doctor On Demand

Get care for common conditions at home, in the office or on the go. With Doctor On Demand, you can speak to a provider from your smartphone.

- Urgent care for cold & flu, skin conditions and allergies
- Live video visits with a doctor include assessment, diagnosis and prescription
- When you create a free member account, your cost is always shown up front, without any surprise bills later
- Register at [doctorondemand.com](https://doctorondemand.com)



# Unlock extra dental health benefits

Your dental health has an impact on your overall health. And when your dental health needs extra care, MouthWise Matters provides added benefits for people who are pregnant or living with diabetes.

**For those living with diabetes or who are pregnant, HealthPartners MouthWise Matters covers:**

- 100% of in-network services to help control gum disease – no coinsurance or deductible, even if you've hit your annual max
- Extra dental checkups and cleanings
- Root planing and scaling – a deep cleaning for your teeth



# Travel anywhere, worry-free



**Assist America** provides all the support you need when you're more than 100 miles from home.

## Get 24/7 help with:

- Coordinating transport to care facilities or back home
- Pre-trip info, like immunization and visa requirements
- Filling lost prescriptions
- Tracking down lost luggage
- Finding good doctors
- Translator referrals
- Getting admitted to the hospital
- And more!



Download your Assist America card at [healthpartners.com/getcareeverywhere](https://healthpartners.com/getcareeverywhere)  
Get the **Assist America** app for use on the go, reference number 01-AA-HPT-05133

# Personalized condition management support services

Living with a health condition is easier when you have a team of people to support you. We offer personalized support and resources through phone calls and other communications for no cost.

All support is confidential. A HealthPartners condition management support specialist can help:

- Answer questions and provide resources for your condition
- Navigate appointments, treatments and medicine refills, and help you understand your insurance coverage and costs
- Coordinate care, treatment and communication among different doctors and specialists
- And more



Get started at [healthpartners.com/nursesupport](https://healthpartners.com/nursesupport)





# A resilient you

## We're here to support the whole you – including your emotional health.

Our no cost resources are designed to connect you with information, specialists and support to get you back on the road to feeling and living better.

Self guided resources included with your plan:

- **Mental Health Hub** – Connect to information, tools and support for you and your family
- **Living Well** – Discover personalized activities for building healthier habits, reducing stress and improving your mood
- **myStrength** – goal-based activities, articles and videos to help you with stress, anxiety, depression and more



### **Behavioral health navigators**

Guidance to understand your mental or chemical health benefits



Visit [\*\*healthpartners.com/resilience\*\*](https://healthpartners.com/resilience) for more information and resources