

# Urgent healthcare questions? Get answers instantly.

Speak with a medical professional right away, right from your phone.



Included Health gives you access to a team of healthcare experts for answers to healthcare questions. Whether you're worried about new or worsening symptoms, or aren't sure if you need to see a doctor, give us a call to figure out the next best steps for your care.

## Get answers to urgent, everyday, and mental health care questions.

- ✓ Cold & Flu
- ✓ UTIs
- ✓ COVID-19
- ✓ Skin rashes
- ✓ Anxiety and depression
- ✓ Stress
- ✓ Headaches and migraines
- ✓ And more

### How it works:

- 1 Download the Included Health app.
- 2 Activate or log in to your account.
- 3 Select "Call for fast health advice" to speak with a nurse.

### Here's how we help:

- Speak with a nurse in as little as two minutes
- Get answers to urgent questions
- Ask about new or worsening symptoms
- Get guidance on next steps for care

## Find a doctor.

Download the Included Health app.

[includedhealth.com/windstream](https://includedhealth.com/windstream) | 1-855-524-8426

