Included Health | PARSONS®

Designed to treat you better.™

Welcome to healthcare designed with you in mind

Meet Included Health — your guide for all things healthcare. Get help finding great doctors, understanding your benefits, and navigating your care with real confidence.

HERE'S WHAT'S INCLUDED

Make the most of your Included Health benefits, starting day one

Get expert benefit support

Whether it's a quick question or hands-on help, your Care Team knows what's available to you and will connect you to the best option for your situation.

Find the right provider for you

Get a personalized list of in-network providers in the app or have the Care Team match you with a high-quality provider who's available to see you.

See a provider when it works for you

Connect with a virtual primary, urgent, or mental health care provider, right in the app. No commute and no office visit required.

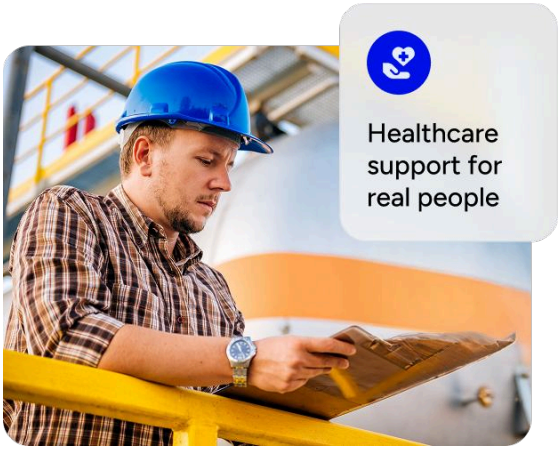
Track everything in one place

See deductibles, copays, and claims history — all inside the Included Health app, right from your phone.

Access billing and benefits support

Your Care Team helps you make sense of medical bills, spot potential errors, and tackle claims issues so you can focus on your health.

Learn more



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Here's what people usually ask us first

What is Included Health?

Think of us as your front door to all things healthcare. From helping you find top in-network providers to understanding your bills, we're here to help you with all your health-related needs.

Here's what that means:

- **Your child has a fever late at night?** Skip the onsite urgent care line. Included Health connects you to a virtual urgent care provider online, fast.
- **Need therapy but don't know where to start?** We'll find an in-network provider who gets what you're going through or connect you to a licensed therapist you can connect with online.
- **Got a surprise medical bill you don't understand?** Send it to your Care Team — they'll review it and work with your insurance to resolve it.
- **Don't have a primary care doctor?** We'll help find one nearby and set everything up. They'll even send over your records, so you don't have to.

How can it help me?

We lessen your load by providing more convenient access to care, guidance, and support. We're here for you in the app, on the phone, and online.

What do I have access to?

Your plan includes virtual care for everyday and urgent health needs, plus a dedicated Care Team to help you find providers and make the most of your benefits.

What kinds of conditions can you treat?

Online virtual care covers most common non-emergency needs like UTIs and late-night fevers, and behavioral health support includes therapy, psychiatry, and medication management.

Who's eligible?

Included Health is available to eligible employees and their dependents.

SUPPORT AND GUIDANCE

"Despite my living in a rural community, [Included Health] helps me quickly get the information and medicine I need while remaining affordable."

—Included Health member

Included Health is available to all employees and their dependents enrolled in an Anthem medical plan. Copays for virtual visits vary by your health plan coverage and the type of visit. Sign in to see your cost before starting a visit. Employees who are not enrolled in an Anthem medical plan are eligible to use the Included Health concierge services for general benefit questions.

Learn more