



The doctor's office designed around you

Having a place to turn for your physical and mental health whenever you need it can be reassuring. That's where your One Medical benefit comes in. We're a primary care practice that makes it faster, easier, and more enjoyable to get care, anytime — in our offices and 24/7 from your phone.

A few reasons why people love One Medical



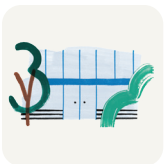
Same/next-day appointments that start on time

Talk to an available provider of your choice about any health topic — from prevention to mental health to sexual health to chronic conditions — in an office or over video at a set time.*



24/7 care with Video Chat — at no cost to you

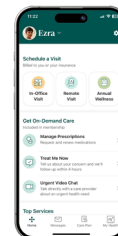
Get care for urgent issues (like a stomach bug or rash) over Video Chat in minutes or message our medical team with our app anytime, day or night. There's no cost to you — and it could potentially save you an unnecessary trip to the ER or urgent care.



Access to offices nationwide

Get exceptional care and drop-in lab work at beautiful offices designed to put you at ease — whether you're at home or traveling.

*In-office and Remote Visits are billed to insurance. Standard copay and deductibles apply. Check with your insurance for details. Remote Visits must be done with a provider in the state you're currently in.



Download the One Medical app to easily book appointments, request prescriptions, get care 24/7, message providers, view your care plan, and more.

Activate your sponsored membership today.

The cost of membership is covered for you, your spouse/partner, and dependents.

Sign up now at onemedical.com/myhealth





Connect to care 24/7, right from your phone

When you're sick or injured, you shouldn't have to wait days or weeks to get medical care. And with One Medical, you don't have to. We're a benefit you get through LAIKA that gives you access to excellent care — anytime, anywhere. With One Medical, you can connect with a medical team in minutes through our app. So you can potentially skip a trip to urgent care or the ER, save time and money, and get back to feeling your best.



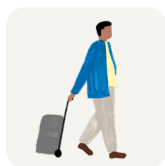
Get care right from your phone, 24/7

Start a video chat or use Treat Me Now to connect with a provider when you're sick or have an urgent medical question.



Talk to us at no cost

You won't pay for care you get through the One Medical app*, so it's a great place to start when you're not feeling well. Not sure if you have an issue we can help with? Just ask.



See a provider in person when you travel

If you ever need care when traveling in the future, you can book a same-day or next-day appointment at any of our primary care offices around the country.

Use our app to get treatment for things like:

- Colds, flus, and COVID-19
- Allergies
- Stomach bugs
- Vomiting
- Headaches
- Injuries
- Urinary tract infections
- Yeast infections
- Skin issues
- Minor cuts
- Pink eye

Plus, you can message our medical team or get answers to your personal health questions — all included in your sponsored membership.

Download the One Medical app on the App Store or Google Play.

LAIKA covers the membership fee for you, your spouse/domestic partner, and your dependents. Sign up today to get convenient healthcare that fits into your real life.

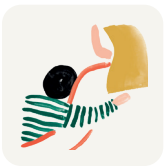
*Unless otherwise noted.

Sign up now at onemedical.com/mybenefit



Better care for babies, teens, and in-betweens

Get real life care for real families —
designed to fit your schedule, your
needs, and your parenting philosophy.



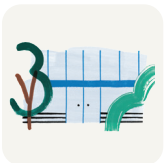
24/7 peace of mind

Book same-day appointments
when your kid is sick or have a
video visit with a provider anytime,
day or night — right from your phone.



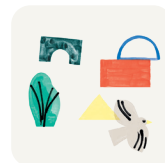
Your family's healthcare home base

From babies who won't latch to
mystery illnesses to behavioral
issues, we're the place to turn for
all aspects of your kid's health.



Calming offices near you

With convenient locations that treat
the whole family, on-site labs, lactation
consultants, and more, you can get care
without running all over town.



A foundation for better health

We teach kids to be stewards of
their own health — taking time to
listen and explain things in a way
they understand.

Learn more and sign up your kids at onemedical.com/kids



mindset by: one medical

Integrated care for the body and mind



While 1 in 4 Americans face mental health challenges, most don't receive any professional help or end up with disjointed, ineffective, and overly expensive treatment. That's where Mindset by One Medical comes in. We've integrated evidence-based behavioral health solutions into our primary care to help identify issues early and guide members with mental health issues big and small to the best care for their needs.

We offer mental health services that are fully integrated into our primary care:



Mental Health Visit

Book a remote Mental Health Visit so you can talk to your primary care provider (PCP) from the comfort of your home. They'll listen to what's going on and help you make a plan to feel better emotionally.



Help Finding Specialists

Your PCP can help guide your mental health, giving direction about when and where to get specialty care, like a psychotherapist or psychiatrist.



Prescriptions

Your PCP can discuss whether medication might be right for you. If you're already on medications, we want to know so we can best coordinate care.

One Medical is your healthcare home base

All of our primary care providers can help with mental health concerns and work with you on a plan that fits your needs and lifestyle, in our offices or over video. Our team can screen, diagnose, and treat everything from day-to-day stress to chronic conditions. A One Medical primary care provider serves as your first touchpoint — ruling out physical issues, helping develop a plan of action, and guiding them to the right kind of specialty care when needed.

83%

of members who come in for a visit are screened for depression and receive follow-up

Some things we can help with:

- Anxiety
- Stress management
- Depression or feeling sad
- Insomnia
- Grief and survivorship
- Agitation, irritability, or frustrated mood
- Attention deficit disorder
- Loneliness
- Relationship problems
- Substance abuse
- Trouble focusing or winding down



Activate your sponsored membership today to learn more about mental health with One Medical at onemedical.com/myhealth