


Personalized mental health care help at your fingertips

You don't have to manage stress, anxiety, or depression alone. Included Health helps you find high-quality care for any mental health need.




Get help overcoming any challenges you face in accessing mental health care. Whether it's an issue with availability, location, or coverage, we find you therapists and psychiatrists who are nearby, in-network, and available.

Find the right mental health care, right away.

 **Get personalized recommendations for therapists, psychiatrists, and more.**

 **Chat with a team of trained professionals** for advice on where to go for care.

 **Learn how to make the most of your all your mental health benefits** from Stryker with expert support.

Who can use Included Health?

Included Health is available to all Stryker employees and dependents covered under a Stryker medical plan. LGBTQ+ support is available to all benefits eligible employees and their dependents.

How much does it cost?

Included Health is fully covered by Stryker and available at no cost to you or your covered dependents.

How do I get started?

- 1 **Download the Included Health app.**
- 2 **Activate your account or login.**
- 3 **Get the mental health care you need.**

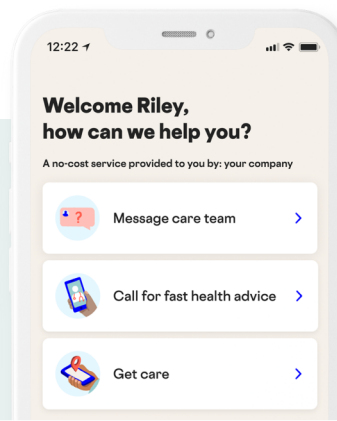


Dedicated support from a dedicated care coordinator

LGBTQ+ members get a dedicated care coordinator to help them find affirming and experienced mental health providers.

Activate your account.

includedhealth.com/stryker
1-855-431-5551



Download our free app

