

Welcome to healthcare designed to treat you better.

Included Health is an all-new way to get the care you need, the way you want—all from a single app. From everyday healthcare needs to chronic conditions like diabetes, we're here to help.

For all things healthcare, start with Included Health.



Let your on-call care team pair you with the right doctor for your needs.



Get expert medical advice—on your phone and from your sofa.



Get an expert second opinion from a top specialist for your condition.



Black and LGBTQ+ members get dedicated support from a community-led care team.

Who can use Included Health?

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

How much does it cost?

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

How do I get started?

1. Download the Included Health app.
2. Activate your account or log in.
3. Get the healthcare help you need.

Activate your Included Health account and earn 100 points in Strive.



download the app

Activate your account.

includedhealth.com/stryker

1-855-431-5551

