

United Food & Commercial Workers Local Union #1189 and St. Paul Food Employers Health Care Plan

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Bloomington, MN 55425

Wilson-McShane Corporation
Fund Administrators

Telephone: (952) 854-0795
Fax: (952) 854-1632
Toll Free: (800) 535-6373

Dear UFCW 1189 and St. Paul Food Employers Health Care Plan Participant:

The Board of Trustees is pleased to inform you of an improved visit experience with Doctor on Demand.

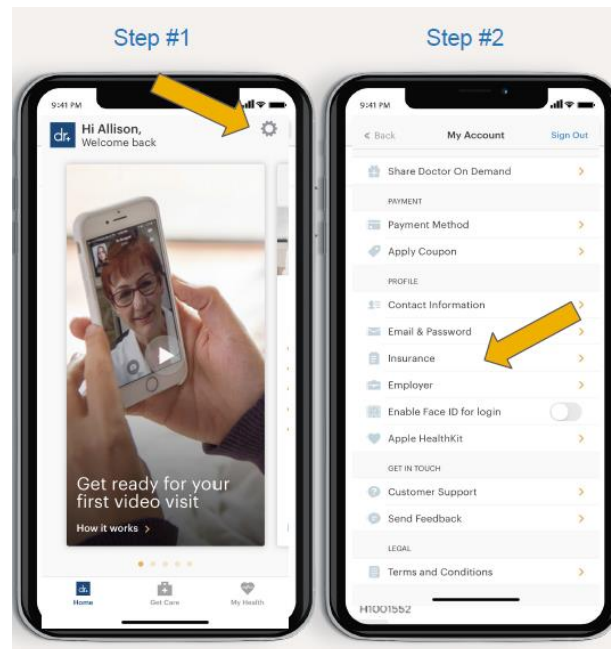


You will still enjoy the same great Doctor on Demand features of care anytime and anywhere paid by the Health Care Plan at 100%, now with seamless billing and no upfront cost.

Activate your free account by visiting doctorondemand.com/UFCW1189. Create an account then add UFCW1189 as your employer or UMR as your insurance.

If you previously registered for Doctor on Demand, all you need to do is update your account information.

1. Login, and click on the gear in the upper right hand corner
2. Add UFCW 1189 as your employer or UMR as your insurance



We encourage you to take advantage of this great benefit offered to you through the Health Plan.

If you have any questions, please do not hesitate to contact the Fund Office at 1-800-535-6373.

Sincerely,

Board of Trustees

dr+ on demand



Experience a new way to get care.

Built around you and with you in mind.

Doctor On Demand® isn't your normal doctor's office. Our board-certified providers, licensed psychiatrists and therapists, along with our supportive care team are here to serve you— when it works for you.

Meet your team

We meet you where you are and believe your voice is an important part of your health journey. From 24/7 video visits to messaging with your care team in the Doctor On Demand app, our team is here when you need us.

UFCW 1189 and St. Paul Food Employers Health Care Plan pays for 100% of your Doctor On Demand visit.

Everyday & Urgent Care Visits

\$0

Therapy Visits

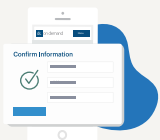
\$0

Psychiatry Visits

\$0



Activate your free account now at doctorondemand.com/UFCW1189



Activate Your Free Account

Go to doctorondemand.com/UFCW1189, enter your email, date of birth, and password. Then, add UFCW 1189 as your employer or UMR as your insurance.



Choose Your Online Doctor

The physician will assess your symptoms and get you on the path to feeling better.



Get Care Anytime, Anywhere

You can also schedule an appointment to see a therapist or psychiatrist.