

Healthcare help is here. For your members. For you.



Convenient, accessible and trusted support

When faced with medical questions, big and small, your members are just a phone call or chat message away from our compassionate care team who are ready to serve them.

Included Health is a no-cost VMware health benefit.

Who is Included Health & what do we do?

We offer members a complete and compassionate healthcare experience. Our services are provided at no cost to members (and their families) if they are enrolled in their employer's health plan. Included Health is fully covered by VMware and available at no cost to you and your covered dependents.

How does Included Health help members?

We're here as VMware's personal healthcare team. Our care team goes above and beyond to help members in need of:

- **Answers:** Providing expert second opinions on medical issues from world-class doctors.
- **Information:** Telling them all there is to know about a condition or treatment.
- **Support:** Helping members make informed decisions about surgeries and more.

Access anytime, anywhere

Connect to our care team Monday through Friday, 5 am to 6 am PST

Reach us through phone, desktop, or mobile or scan the QR code to download the Included Health app.



Phone

Reach our care team at:
1-855-394-1635

Desktop

Start care at
includedhealth.com/vmware

Mobile

Download the app on the Apple or Google Play Store