

# Get a second opinion from an expert specialist

## Feel confident about your medical decisions

As part of your company benefits, you can get an expert second opinion from a leading specialist at **no additional cost** to you. Directly connect with experts by video from the comfort of home.

### How it works

- **Activate your account and request a consult**  
Call 1.866.841.2575  
Visit [2nd.MD/activate](https://2nd.MD/activate)



- **Speak with a nurse**  
Talk to one of our experienced, compassionate nurses to see if a second opinion is right for you. We'll handle the rest, including gathering your medical records, finding the right specialist and setting up the video consultation.

- **Consult with a leading specialist**  
Ask questions and get personalized advice about your diagnosis and treatment plan from a specialist in your condition. Video consultations are available when it's convenient for you, including nights and weekends!



## Our specialists can help you:

- Confirm a new or existing diagnosis
- Explore treatment plans and medications
- Understand if a recommended surgery or procedure is right for you

## We have a wide network of expert doctors across thousands of conditions, including:

- Muscle, joint and bone
- Cancer
- Heart disease and stroke
- Digestive/GI
- Autoimmune
- Pediatric medicine
- Men's health
- Women's health
- Mental health
- Brain and nervous system
- Ear, nose and throat
- And many more

## Who is eligible?

2nd.MD is confidential, fast and no additional cost to you and your eligible dependents.