



Your health and wellness benefits

You can have confidence in knowing you're not alone in your health journey. Here's an intro to the support program included in your health plan.

2nd.MD

Facing a new diagnosis or managing a chronic condition? Looking at possible surgery? A change in your medication? 2nd.MD provides a second opinion from doctors, who can help with advice before major health events or decisions. Within days, you and your family will be connected with a doctor by video or phone for a second opinion.

Call **1-866-269-3534**
to get started.



This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this service is for your information only. It is provided as part of your health plan. Program nurses and other representatives cannot diagnose problems or suggest treatment. This program is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. This is not an insurance program and may be discontinued at any time.

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