



WE SPECIALIZE IN MEDICAL CERTAINTY

Through YMCA Employee Benefits, you have an exclusive membership to 2nd.MD, a virtual expert medical consultation and navigation service. We connect you with a board-certified, elite specialist for a virtual expert medical consultation via phone or video from the comfort of home.

2nd.MD specializes in medical certainty by providing access to elite specialists for questions about:

- Diseases, cancer, or chronic conditions
- Surgeries or procedures
- Medications and treatment plans

WHO IS ELIGIBLE?

2nd.MD is confidential, fast and no additional cost to you and your family members in a medical plan with YMCA Employee Benefits.

GET STARTED TODAY

Call at **1.866.269.3534**

Visit **www.2nd.MD/ymca**

or download our **2nd.MD app**



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CALL 911 IMMEDIATELY IF YOU ARE HAVING A MEDICAL EMERGENCY. 2nd.MD is not an emergency service. 2nd.MD is an independent resource to support you in receiving information from Expert Medical Specialists. 2nd.MD does not practice medicine or provide patient care and is independent from the Specialists providing the expert medical consultations.

HOW IT WORKS: 3 Simple Steps

1. ACTIVATE YOUR ACCOUNT AND REQUEST A CONSULT

Visit www.2nd.MD/ymca, download our app or call us at 1.866.269.3534

2. SPEAK WITH A NURSE

Explain your medical issues and an experienced nurse will handle the rest, including collecting medical records and connecting you with a leading specialist who is an expert in your condition.

3. CONSULT WITH A LEADING SPECIALIST

Get information about your diagnosis, treatment plan and next steps in care from a nationally recognized specialist. Consult via video or phone at a time that works best for you, including evenings and weekends!

AFTER YOUR CONSULTATION

You'll receive a written summary of your consultation so you're prepared for a conversation with your treating doctor or we can refer you to another in-network doctor in your area.

97%
of users would
recommend 2nd.MD
to family or friends*

82%
of 2nd.MD consults
result in improved
treatment plans*

33%
of 2nd.MD consults
lead to an alternate
diagnosis*