



Expert support for managing diabetes

At 2nd.MD, our board-certified specialists provide second opinions and guidance so you can feel confident in your treatment plan and supported every step of the way.

This service is offered at **NO ADDITIONAL COST** to you and your eligible family members as part of your company benefits.



A second opinion can help you:



Optimize your treatment plan or medication with expert recommendations



Receive guidance on lifestyle factors that support A1C and glucose stability



Address related health concerns such as neuropathy, cardiovascular disease, and more

How to get started:

1 Activate your account and request a consult

Call **1.866.841.2575**
Visit **2nd.MD/activate**



2 Speak with a nurse

Connect with a 2nd.MD nurse experienced in diabetes care to discuss your concerns and see if a second opinion is right for you.

3 Consult with a leading specialist

Connect by video with an expert specialist to explore care options from home. Our specialists review your medical records and treatment history to provide meaningful recommendations.

More ways we can support your diabetes care

- Explore new options when your current plan isn't working as expected
- Gain clarity before starting insulin or adding new medications
- Get support in finding a new local provider when needed
- Feel confident in your treatment plan to support long-term outcomes

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.

© 2025 2nd.MD. All rights reserved. 25-147f