



## Overwhelmed by a medical decision? Feel confident with a second opinion.

### Our team of medical experts is here to help.

Making a major medical decision can be tough to handle alone. A second opinion is the chance to have one of our expert medical providers review an existing diagnosis or treatment plan. This gives you and your eligible dependents more information to make the best decision for care moving forward.

### Did you know?

**36%**  
of members avoid  
unnecessary surgery

**37%**  
of cases lead to a  
modified diagnosis

**71%**  
of members receive  
modified treatment

Teladoc Health® data, December 2022.

### Get an Expert Medical Opinion when you or your eligible dependents:\*



Want to double-check  
a diagnosis



Need to decide on a  
treatment plan





Would like expert  
guidance about a surgery

### Some of the most common conditions we help with include:

Cancer • Cardiac health • Circulatory issues • Bariatric concerns • Neurological disorders  
Gastrointestinal disorders • Musculoskeletal disorders • And more

**It's healthy to get a second opinion. We think your doctor would agree.**

**Start your case today.**

Teladoc.com | 1-800-TELADOC (800-835-2362) | Download the app  | 

# Get a second opinion for any diagnosis, treatment or surgery

## Move forward with 3 simple steps

1

### Start your case

by phone, online or on the Teladoc Health app

2

### Connect with an expert

from our care team, which will gather your health records and coordinate your case review

3

### Get expert guidance

such as a clear diagnosis and/or treatment plan that's right for you

## Make the most informed decision for your health

“Teladoc Health made all the difference in my decision on what to do for a course of treatment.”

Vikki, Teladoc Health member

“I have a lot more confidence going forward that I have the right doctors and the right treatment plan.”

Stephen, Teladoc Health member

Refer to your employee booklet at [umr.com](http://umr.com) for Teladoc benefits

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The testimonials, opinions and statements reflect one member's personal experience with Teladoc Health. Results and experiences may vary from person to person and will be unique to each member. The testimonials are voluntarily provided and are not paid. \*Only you and your eligible dependents can use your Teladoc Health Expert Medical Opinion benefit at no cost.

\*Teladoc Health is not available internationally.

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