



Get a second opinion from an expert specialist

Feel confident about your medical decisions

As part of your State of Idaho 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**



- **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?

Regence BlueShield of Idaho provides access to 2nd.MD services at no additional cost to you and your dependents enrolled in the health plan.

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.

Regence BlueShield of Idaho is an Independent Licensee of the Blue Cross and Blue Shield Association. 2nd.MD® is a separate company that provides decision support services. The services provided are not a substitute for medical care, nor medical care.

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96%

of 2nd.MD users would recommend 2nd.MD to a family member or friend.*