

# TOTAL REWARDS

## 2nd.MD – VIRTUAL SECOND OPINION SERVICE

Caterpillar employees and their family members enrolled in a UnitedHealthcare or Blue Cross Blue Shield medical plan have access to 2nd.MD, an expert second opinion medical consultation service. With 2nd.MD, you can connect with board-certified, expert specialists about your diagnosis or treatment plan all from the comfort of your home and **at no cost to you!**

### WHEN TO USE 2nd.MD

When dealing with a diagnosis, injury or chronic pain, 2nd.MD makes it easy to get a virtual expert medical consultation so you can feel confident in your treatment plan. 2nd.MD can help when you have medical questions like:

- Do I have the right diagnosis?
- Am I on the best treatment path and medications?
- Is this surgery or procedure the best option for me?

### WHAT KIND OF CONDITIONS CAN 2nd.MD HELP WITH?

2nd.MD experts are industry leaders across hundreds of subspecialties and thousands of conditions, like:

- Back, knee, hip, or shoulder surgery\*
- Cancer
- Carpal tunnel syndrome\*
- Heart disease and stroke
- Digestive problems
- Immunological disorders (type 1 diabetes, rheumatoid arthritis)
- Mental health issues
- And many more

\*2nd.MD is required for certain conditions that require surgery; keep reading.

### 2nd.MD SPECIALISTS

2nd.MD specialists are from highly respected medical institutions and leaders in their field of practice. Many own their own practices and have won prestigious awards. 2nd.MD specialists can:

- Review and answer questions about your treatment plan
- Provide an unbiased, expert opinion on your diagnosis or condition
- Discuss alternative treatment options

### ACTIVATING YOUR 2nd.MD ACCOUNT

You can activate your account with 2nd.MD today so it will be ready when you need it. To activate your account and/or request a consult:

- Visit [www.2nd.md/caterpillar](http://www.2nd.md/caterpillar)
- Call 1-866-269-3534
- Download the 2nd.MD app via [App Store](#) or [Google Play](#)

### REQUIRED FOR BONE, SPINE, JOINT AND CARPAL TUNNEL CONDITIONS

If you or a covered family member is seeking care for a bone, spine, joint or carpal tunnel syndrome condition that requires surgery, 2nd.MD may reach out to you.

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