

GET CONFIDENCE IN YOUR MENTAL HEALTH JOURNEY WITH 2ND.MD

Whether you've recently received a new mental health diagnosis or want to confirm you're on the best treatment plan for you, 2nd.MD can connect you to leading mental health specialists, including psychiatrists and psychologists, for an expert second opinion.



OUR MENTAL HEALTH SERVICES CAN HELP YOU:



Connect to top mental health experts in the U.S.



Get assurance that you have the right diagnosis



Verify that you're on the best treatment plan



Collaborate with your current care team

HOW IT WORKS

1 ACTIVATE YOUR ACCOUNT AND REQUEST A CONSULT

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



2 SPEAK WITH A NURSE

Discuss your diagnosis with an experienced 2nd.MD mental health nurse. We'll collect your relevant medical records.

3 CONSULT WITH A LEADING SPECIALIST

Connect to a top mental health specialist by video to discuss your treatment options from the comfort of home. Consultations available when it's convenient for you, including nights and weekends!

OUR MENTAL HEALTH SPECIALISTS CAN HELP WITH A WIDE VARIETY OF CONDITIONS, INCLUDING:

- Depression
- Generalized anxiety disorder
- Obsessive-compulsive disorder (OCD)
- Post-traumatic stress disorder (PTSD)
- Attention deficit hyperactivity disorder (ADHD)
- Eating disorders
- Addiction and substance abuse
- And more

Who is eligible?

2nd.MD is confidential, fast, and at no additional cost to MIIA Blue Cross members and their eligible dependents.

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.

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