



Virtual, expert medical consultations for injury, illness, or chronic pain.

Feel more confident in your health care decisions with **2nd.MD**.

2nd.MD can help with 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?

Get **access to second opinions from expert specialists**—from top medical institutions and leaders in their fields of practice—whenever you have questions about:

- A new or existing diagnosis
- A surgery or procedure
- Medications and treatment plans

2nd.MD is confidential, fast, and available at no additional cost to you and your eligible dependents.



A personalized digital exercise therapy program for pain relief.

With **Hinge Health** you get personalized care plans and coaching along with tools to overcome muscle and joint issues — helping you stay healthy and pain free from head to toe.

Personalized program

Get unlimited exercises and stretches developed for you by physical therapists. Reduce your pain with a plan that's personalized for your needs, goals, and ability.

Dedicated physical therapist, coach, and more

Get guidance from your physical therapist to improve your mobility. Stick to your goals with support from your health coach. Connect via text, email, phone call, or video chat.

Convenient exercise sessions

With the Hinge Health app, you can do your exercise therapy anytime, anywhere. Plus, your exercises are designed so they can be done in about 15 minutes or less.

To learn more about these and other health plan support and advocacy tools, visit hr.mit.edu/benefits/health/advocacy or scan the QR code. →

