

Are You on the Right Path to Pain Relief?

If you have ever had muscle, bone, or joint pain, you aren't alone. Millions of people suffer an injury or have long-lasting musculoskeletal pain each year. **The good news is there are many options for finding pain relief.**

An Easy Way to Know if You've Found the Right Treatment

From less invasive treatments, such as acupuncture and physical therapy, to drug treatments and surgery, there are nearly as many treatments for musculoskeletal pain as there are types of pain.

Finding information about all the choices and your specific condition can be exhausting. Getting an expert medical opinion is one way to find answers, and some relief at the same time.

How Does it Work?

We'll connect you to an experienced orthopedic nurse and within a few days, you'll be able to talk to a specialist from a top teaching and medical institution. You don't have to leave your home and you'll get an unbiased perspective and answers to any questions you have.



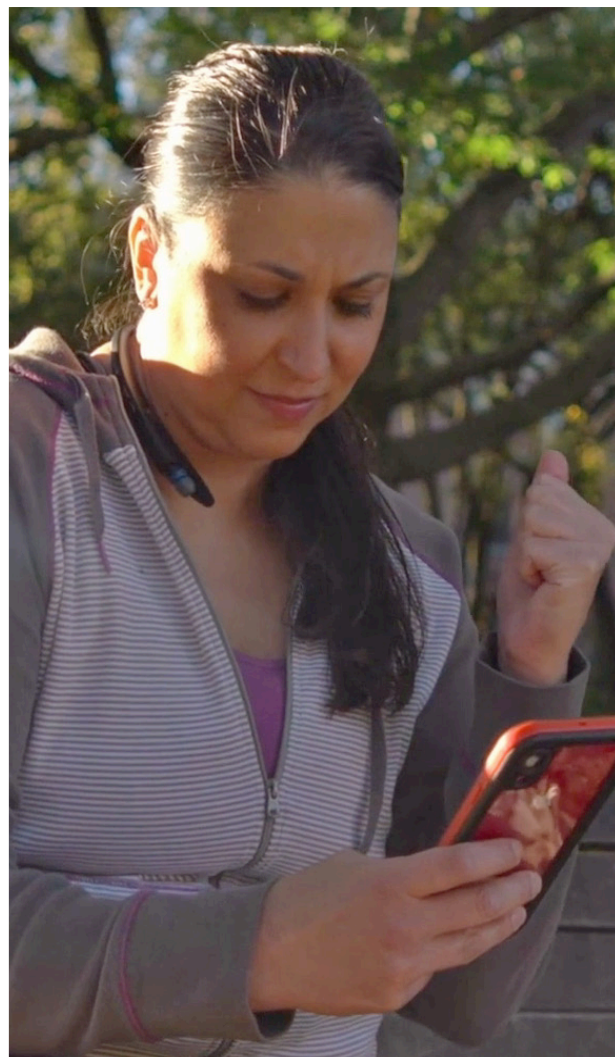
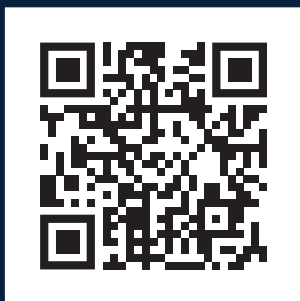
You'll have a chance to speak to one of more than 900 specialists who work with 2nd.MD. These are leading specialists from the nation's top institutions and academic centers. We have specialists who cover everything related to muscles, bones, and joints including:

- Cartilage issues and replacement
- Foot and ankle
- Joint
- Hand and wrist
- Neurosurgery
- Pediatric and adult specialties
- Spine
- Sports medicine
- Trauma
- Many more

Your consultation takes place on your phone or via our app and you'll have as much time as you need. Afterward, you'll receive a detailed summary so you can provide the information to your local doctor or any other provider you choose to see.

Anna Went from Excruciating Pain to Running a 5K

Anna woke up one morning in pain that had completely paralyzed one side of her body. Thankfully, she was able to talk to a specialist with 2nd.MD. After confirming she could receive a less-invasive surgery, she was able to get her life back, return to work, and run a 5K.



Who's Eligible?

As part of your Heidelberg Materials benefits package, you now have access to 2nd.MD. With 2nd.MD, you can connect with a board-certified, nationally recognized specialist for an expert medical consultation via phone or video at no additional cost to you and your eligible dependents enrolled in a Heidelberg Materials medical 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.

Get Pain Relief
Call 2nd.MD Today
1.866.841.2575

