



Pain comes in all forms, but relief can too

If you suffer from joint, back, muscle or nerve pain, make sure you know all your treatment options with Teladoc Medical Experts. Our leading experts can review your medical history and current pain to provide the answers and assurance you need to make informed medical decisions.

Quick tips to prevent chronic pain:

- Proper stretching—prepare for the workday with common stretches
- Protective gear—wear kneepads or vibration-reducing gloves; good equipment matters
- Take walks—adding short walks to your day can help reduce symptoms

NO ADDITIONAL COSTS | CONFIDENTIAL AND SECURE | VIRTUAL SERVICE—NO TRAVELLING NECESSARY



Musculoskeletal conditions:

the largest

contributor to disability worldwide¹

Let expert medical minds ease yours

Teladoc Medical Experts can help you get the right diagnosis, treatment and peace of mind for any type of musculoskeletal disorder, like carpal tunnel syndrome, tendonitis, muscle strains and much more.

Use Teladoc Medical Experts when you:

- Need a leading orthopaedic expert to review your case
- Would like a recommendation for treatment by a specialist in or outside of Canada
- Want answers to questions about surgery, treatment and medication options

¹<https://www.who.int/news-room/fact-sheets/detail/musculoskeletal-conditions>

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We can help you with any kind of medical issue or concern and guide you in the right direction to make the best possible medical decisions with confidence so you can get back to good health.

**We're here to help.
Contact us today.**

Call 1-877-419-2378