



EXPERT CONSULTATION SUMMARY



2nd.MD OVERVIEW

Welcome to 2nd.MD! We are the leader in virtual shared decision making, connecting people facing high-impact medical conditions with top specialists for real-time, face-to-face video consultations. Our goal is to meet our members exactly where they are in their healthcare journey and help them feel confident taking the next best step! To do this, we combine expert educational consultations from some of the most highly qualified doctors in the world with advice and support from our skilled and experienced nursing team in order to empower people to make informed healthcare decisions. We know that no one has the same story. So, we partner with our members to give them the information, coaching, and support that they need to make healthcare choices that align with their unique values, preferences, and goals.

Our members have access to the 2nd.MD member portal, available both online and through our mobile app. Members are offered a range of services, including (please refer to your benefits administrator to determine your eligibility):

- Consultations with a highly-skilled nurse with deep experience in their medical condition by phone, video or text
- Consultations with an elite specialist by video
- 2nd.MD Expert and Local Doctor collaboration
- Viewing and sharing of medical records
- Access to post-consultation notes from the Care Team Nurse or 2nd.MD Specialist
- Finding a high-quality, in-network local provider using 2nd.MD's Personalized Local Support team
- Referral into Health Plan programs and Centers of Excellence
- Rating their 2nd.MD Experience

2nd.MD exists to save and improve lives, every day, and to provide our members the tools that guide them to medical certainty. Remember, you are not alone in your healthcare journey! We want to be by your side as you or your loved ones battle pain or disease, and we are truly honored to have the opportunity to serve you.



May 4, 2023

Dear Andrea,

Thank you for choosing 2nd.MD! We are so grateful that JELD-WEN has extended the 2nd.MD benefit to you, and we are honored that you trusted us to be a part of your healthcare journey. We appreciate you consulting with us and encourage you to follow-up with 2nd.MD to allow us to continue to support you.

Included in this packet is:

- An overview of your medical history
- Consult Summary from 2nd.MD's Expert Specialist

If you have any questions, please do not hesitate to contact me. I am happy to assist you in any way.

As a reminder, JELD-WEN extends this complimentary benefit to you and your eligible dependents at no charge because they want to ensure that you and your loved ones have confidence and certainty anytime you face healthcare challenges. You should never battle pain or disease without 2nd.MD by your side!

Sincerely,

Kim Kang



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YOUR EXPERT SPECIALIST

DR. SHEILA KRISHNA



BOARD CERTIFICATIONS

- American Board of Dermatology

EDUCATION

- UCLA School of Medicine | Research in Dermatology | Fellowship
- Virginia Commonwealth University | Dermatology | Chief Resident | Residency
- Olive View-UCLA Medical Center | Internal Medicine | Internship
- UCLA School of Medicine | Medical School
- Massachusetts Institute of Technology | Biology & Foreign Languages

PROFESSIONAL FOCUS

Dr. Sheila Krishna is board certified in Dermatology and Micrographic Dermatologic Surgery (Mohs). She specializes in medical dermatology and surgical dermatology for both adults and children. Dr. Krishna's medical interests include psoriasis, atopic dermatitis, acne, Mohs technique, autoimmune skin disease, hair loss, and expertise in skin of color.

After graduating with Phi Beta Kappa honors and receiving her undergraduate degrees in Biology and Foreign Languages from the Massachusetts Institute of Technology, Dr. Krishna earned her medical degree from the University of California Los Angeles (UCLA) School of Medicine. She completed an internship in Internal Medicine at Olive View-UCLA Medical Center and a residency in Dermatology at the Virginia Commonwealth University, where she became Chief Resident. During her studies, Dr. Krishna also completed a research fellowship in Dermatology at UCLA.

Currently Dr. Krishna serves as a Dermatology Physician at the Dermatologist Medical Group of North County. She is also the Principal Investigator at the Dermatologist Medical Group of North County and manages the Clinical Trial Unit, which focuses on psoriasis, atopic dermatitis, acne,



melanoma. Among her many awards, Dr. Krishna has been named Top Doctor in San Diego Magazine in 2017, 2019 and 2021.

Dr. Krishna's research focuses on but is not limited to dermatology for Skin of Color, utilization of biologics for treatment of autoimmune skin disease, hair loss, dermatitis, and melanoma. Dr. Krishna has been published in multiple journal articles and books on subjects encompassing all scopes of adult and pediatric medical and surgical dermatology.



YOUR CARE TEAM NURSE

KIM KANG



EDUCATION

- Bachelor of Science, Nursing | Cizik School of Nursing at UTHealth Houston
- Bachelor of Science, Biology | University of Texas at San Antonio

PRIOR EXPERIENCE

- Registered Nurse | Memorial Hermann Hospital Katy
- Registered Nurse | Houston Methodist Hospital

CERTIFICATIONS/LICENSURE

- Registered Nurse
- Basic Life Support Certified
- Neonatal Resuscitation Program Certified

BIOGRAPHY

Kim Kang, Care Team Nurse, joined 2nd.MD in 2022, where she focuses on Women's Health cases. In this role, Kim is responsible for communicating with members and providers; triaging and researching medical conditions; specialist selection from our elite panel of specialists; scheduling and assisting members with local referrals; and facilitating additional health care navigation needs.

Prior to joining 2nd.MD, Kim served 1 year at Memorial Hermann Hospital Katy as a Mother Baby/Postpartum Nurse where she cared for new mothers and their newborns. She educated mothers on breastfeeding, bonding, newborn care, postpartum care, and monitored mother and baby well-being. She also cared for post-surgical gynecological patients and educated patients on post-surgical care and pain management. She also served 2 years as a Registered nurse at Houston Methodist Hospital where she was a Bone Marrow Transplant nurse. She provided care for inpatient hematology and oncology patients with chemotherapy as well as caring for patients before, during, and after the stem cell transplant.

Kim enjoys spending time with her husband and daughter, eating out at restaurants, and taking vacations to the beach.

I love working at 2nd.MD because...

"I love educating our members and walking with them through their health journey."



NURSE INTAKE OVERVIEW

Member Name: Andrea Armstrong

Consult Date: 4/21/2023

Date of Birth: 10/27/1963

REQUEST INTRODUCTION

59 year-old female member who complains of multiple tender subcutaneous nodules in her upper legs and arms for approximately 1.5 years. She reports these nodules have grown in size and discomfort since onset and feels frustrated that her local providers haven't come up with a solution to assist her.

DIAGNOSIS

- Pain in right lower leg
- Localized adiposity
- Subcutaneous nodules

PAST MEDICAL HISTORY

- Hypertension
- Hyperlipidemia
- Anxiety
- Diabetes
- Insomnia

SURGICAL HISTORY

- Hysterectomy: 2020

DIAGNOSTIC STUDIES

- Labs: 1/2023
- Doppler ultrasound report of right lower extremity: 2/6/23 (images & report)
- Member photos: 3/2023



PAST TREATMENTS

- Compression socks (ineffective, caused bruising)

CURRENT TREATMENTS

Other Medications:

- Atorvastatin 40mg daily
- Metformin 500mg four times daily
- Metoprolol 100mg daily
- Hydrochlorothiazide 25mg daily
- Enalapril 20mg daily
- Progesterone 100mg daily
- Lexapro 20mg daily
- Calcium/Vitamin D3 1200mg/1000IU daily
- Vitamin C 1000mg daily
- Omega 3 Ethyl Esters 1gram four times daily
- Vitamin D3 10000IU 2 tablets daily
- Vitamin B complex two tabs daily
- Iron 65mg daily
- Aspirin 81mg daily
- Dehydroepiandrosterone (DHEA) 25mg daily

LOCAL PROVIDERS TREATMENT PLAN/RECOMMENDATIONS

Per Primary care provider (PCP) 2/2023:

- Referral to vascular surgeon

Per Surgeon 3/2023:

- Removing multiple lesions will not prevent her from developing further lesions
- Leg excision would be an elective resection mainly for cosmesis
- Can also consult a plastic surgeon to discuss options for liposuction

GOAL



The member desires to discuss her subcutaneous nodules, appropriateness of current treatment plan, and any alternative diagnosis, testing, or treatments to consider.



EXPERT SPECIALIST SUMMARY

The member is a 55-year-old female who would like to discuss her skin condition. The member has had painful subcutaneous nodules throughout her body, which have grown in number and size. She has been diagnosed with lipedema by her local provider, which is a form of lipomatosis. She states that the areas are very painful and she has been recommended surgical removal. However, there are many areas to remove and these procedures would need to be done serially.

Today, the member would like to discuss management up to this point, review specific questions, and consider additional evaluation and management of the condition. This conversation was for educational purposes and to consider alternative diagnoses and treatment options.

Lipomatosis and lipedema are both characterized by fatty nodules under the skin, which can become painful and enlarged. The cause for this condition is not known, but might be genetic. There is no standardized treatment, but the most common treatment is to surgically remove the most painful lesions as recommended by your local provider. There have also been reports of liposuction and use of kybella to reduce the lesions in size. However, this may not produce permanent removal of the lesions. It is likely that the member would also benefit from pain control because it is unlikely that all of the lesions can be removed. An additional option would be compression stockings, but this can also cause pain so the member may need to try this slowly. Some individuals also benefit from an anti-inflammatory diet. Exercise can also be helpful but it's unlikely to significantly reduce the fatty accumulation.



CONSIDERATIONS TO DISCUSS WITH YOUR TREATING PHYSICIAN

ALTERNATIVE TREATMENT

Anti-inflammatory diet

Exercise

ALTERNATIVE SURGERY

Liposuction

Kybella

DISCLAIMER: This educational consultation does not constitute a physician - patient relationship, and is not intended as a solicitation of individuals to become patients or clients of the specialist. The Specialist may not be licensed to practice medicine in the Member's state. No diagnosis, treatment, or prescription is being provided. The Specialist's information is not intended to suggest or recommend any particular diagnosis or form of treatment but to provide relevant information to be utilized with Member's treating care team about such Member's diagnosis or treatment. The 2nd.MD Specialist's recommended course of action may not be covered under your benefit plan. Please check benefit coverage with your healthcare provider before beginning care.



ADDITIONAL RESOURCES THROUGH YOUR BENEFITS PROGRAM

Surgery Plus

Members considering surgery as part of their treatment plan are encouraged to contact SurgeryPlus. A Care Advocate will connect you with a top-quality provider and coordinate your surgery for you.

To contact SurgeryPlus, call (833) 552-1693.



LETTER TO TREATING PHYSICIAN

May 4, 2023

2nd.MD is a virtual educational consultation program provided to our members by their employer or insurance plan at no cost to the member. Our goal is to educate members and empower them with confidence and a sense of medical certainty as they make important healthcare decisions.

Through our treatment decision support service and our elite-level consultations led by best-in-class specialists, our program is intended to work in close collaboration with the local healthcare provider. We appreciate the opportunity to partner with you to help provide the best healthcare outcome for your patient.

Included in this packet are discussion items from the expert specialist with whom your patient consulted. This summary is not intended to cover all items discussed or serve as a transcript of the full dialog.

If you would like further information regarding the service we provided your patient, please call our Care Team at 866.841.2575 or reach out via email at support@2nd.MD. To learn more about 2nd.MD, please visit our website at 2nd.MD.