



When arthritis is affecting your quality of life, we can help

Arthritis is the inflammation of one or more joints, often causing stiffness, warmth, swelling and pain. If you are concerned about your existing condition, our world-renowned experts can provide the answers and assurance you need to make informed medical decisions.

Natural ways to feel arthritis relief:

- Exercise—regular movement helps your joints maintain flexibility
- Hot therapy—warm baths or heating pads can reduce stiffness
- Massages—regular massaging can reduce your pain



1 in 5

Canadians suffer from arthritis—that's over 6 million¹

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

Let expert medical minds ease yours

Teladoc Medical Experts can help you get the right diagnosis, treatment and peace of mind for any kind of arthritis you may be facing, such as osteoarthritis and inflammatory arthritis.

Use Teladoc Medical Experts when you:

- Need a leading expert rheumatologist 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.arthritis.ca/about-arthritis/what-is-arthritis/the-truth-about-arthritis>

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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