



When it comes to heart health, our medical experts don't skip a beat

Cardiovascular disease (CVD) includes all diseases related to your heart and circulation, including heart disease and stroke. If you are concerned about an existing condition, Teladoc Medical Experts can provide the answers and assurance you need to make informed medical decisions.

Ways to improve your heart health:

- Eat cleaner—natural whole foods like fruits, vegetables, beans and whole grains
- Quit smoking—temporary relief is not worth a lifetime of pain
- Exercise—cardio and strength training can help, even for 10 minutes a day



CVD is the

2nd-leading
cause of death
in Canada¹

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 type of CVD you may be facing, such as heart disease, strokes and arrhythmias.

Use Teladoc Medical Experts when you:

- Need a leading expert cardiologist 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.canada.ca/en/public-health/services/publications/diseases-conditions/heart-disease-canada.html>

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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