

OPPA Services Summary



Through Teladoc Medical Experts you have easy access to a wide range of medical services, including: expert second medical opinions, guidance for mental health concerns, help finding physicians or specialists, answers to general medical questions, and helpful resources.

To support your health journey, we encourage you to explore the program information below which outlines each of Teladoc Health Canada's services in your offering.

This plan includes extended family benefits!

The following services are available for you, your spouse, dependents, parents, and parents-in-law with unlimited access.

How to Access:

Start your journey to better health today! You can visit teladoc.ca/canadalife to initiate your request or call 1-877-419-2378. When you contact Teladoc Health Canada, you will be assigned a dedicated case manager for your case. They will keep you informed about the progress of your case and be available as a resource to answer any questions.

Services:

Expert Medical Opinion

Teladoc Health Canada's Expert Medical Opinion enhances your physician's care with a second expert review, giving greater certainty to your diagnosis and treatment plan. Our internationally recognized specialists across 450+ medical specialties and sub-specialties provide an in-depth analysis of your medical data and deliver a detailed summary of findings for you to share with your physician. [Learn more](#)

Personal Health Navigator

When you're uncertain about a health concern, Teladoc Health Canada helps you navigate the system with personalized support. A dedicated Navigator connects you to tailored resources, whether for an aging parent, a doctor visit, or allied health professionals, providing condition-specific links, articles, and contacts to assist with your needs. [Learn more](#)

Find a Doctor

Get help with locating general physicians, specialists, and facilities that meet your specific requirements and are within your travel radius. Your case manager will help you find healthcare providers and facilities that match your preferences by conducting a search of our database based on your geographic, demographic, or cultural preferences, providing a list of options that meet your requirements.* [Learn more](#)

*Teladoc Health Canada does not make referrals or appointments for members or arrange or cover the cost of travel or lodging.

Care Finder

Get help with locating specialists outside of Canada by accessing Teladoc Health Canada's global database of more than 40,000 expert physicians in more than 450 specialties and sub-specialties. You get access to information to find the right care for your specific needs, wherever you are searching.*

*Teladoc Health Canada does not make referrals or appointments for members or arrange or cover the cost of travel, lodging, or treatment.

Ask the Expert

Get trusted answers when you need them. Skip the endless online searches and connect directly with leading medical experts for clear, personalized guidance. Whether you have questions about a recent diagnosis, managing multiple medications, or general health concerns, Ask the Expert gives you confidence and peace of mind with expert-backed answers tailored to your needs.

Mental Health Navigator

Mental Health Navigator is a confidential and compassionate service that helps you better understand your mental health and access appropriate care. This service supports you if you're unsure about a diagnosis, haven't improved with current treatment, or need help navigating the mental health system. Expert psychologists and psychiatrists will review or modify your diagnosis and treatment plan, including medication, and deliver an action plan to follow with your treating physician. If you have not yet been diagnosed or believe your situation has changed, your assigned Navigator will provide ongoing guidance through the system. [Learn more](#)

Covering a full range of conditions

NEUROLOGY & NEUROLOGICAL SURGERY:

Neurological disorders, including headaches, seizures, and neuropathies.

ONCOLOGY & HEMATOLOGY:

Cancer-related diagnoses, treatment options, and management.

CARDIOVASCULAR DISEASE:

Heart-related conditions, risk factors, and preventive measures.

GASTROENTEROLOGY:

Digestive system disorders, such as irritable bowel syndrome, Crohn's disease, and reflux.

OTOLARYNGOLOGY (ENT):

Ear, nose, and throat consultations for issues like sinusitis, hearing loss, and throat infections.

PHYSICAL MEDICINE AND REHABILITATION:

Rehabilitation after injuries, surgeries, or chronic conditions.

GYNECOLOGY & OBSTETRICS:

Women's health services covering pregnancy, reproductive health, and gynecological concerns.

ORTHOPEDIC SURGERY:

Musculoskeletal conditions, joint issues, fractures, and orthopedic surgeries.

OTHER CONDITIONS:

Including Pediatric health and more

Men's Health & New Specialty Care Programs

Two new specialty care programs are now available at no extra cost through Expert Medical Opinion. To access these programs, follow the steps outlined above and, when prompted to describe your medical concern, note the program of interest.

Menopause Care

Menopause is a natural transition, but it can bring challenging symptoms that affect daily life. Whether you're experiencing hot flashes, sleep disturbances, mood changes, or weight fluctuations, the Menopause Care Program connects you with experts who review your symptoms and provide recommendations.

Weight Management

Weight management is a personal journey, and the Weight Management Program offers specialist-guided support to help you achieve lasting health and wellbeing. Specialists review your symptoms and provide personalized recommendations, while a dedicated nurse trained in lifestyle medicine delivers coaching, ongoing guidance, and resources tailored to your needs.

Men's Health

Men's health faces unique challenges, from heart disease and diabetes to sexual wellbeing, mental health, and lifestyle concerns. Expert Medical Opinion offers clarity in diagnosis and treatment, while the Personal Health Navigator supports screenings, risk management, and specialist care. With Ask the Expert for everyday questions and the Mental Health Navigator for emotional wellbeing, these services provide the insight, guidance, and resources you need to take charge of your health. View the Men's Health Guide to [learn more](#).