TELEHEALTH • VIRTUAL CARE

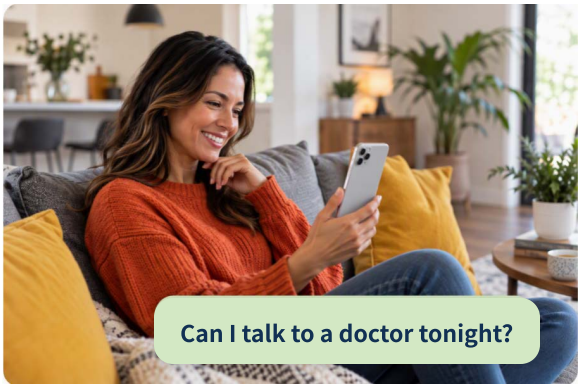
First Stop Health

First Stop Health

Your first stop for care — anytime, anywhere.

First Stop Health is your virtual medical home. Talk with board-certified doctors, licensed therapists, and health coaches by phone, video, or the mobile app — no waiting rooms, no paperwork, and no driving across town. Care is available for you and your family, including weekends and holidays.

$0 VISITS | 24/7 Urgent Care | Phone • App • Web



URGENT CARE

24/7 • DOCTOR IN MINUTES

- Board-certified doctors available day or night, typically in under 5 minutes
- Cold & flu, sinus issues, rashes, pink eye, UTIs, allergies, minor injuries
- Prescriptions sent to your pharmacy when appropriate
- Medical advice when you're not sure where to go

PRIMARY CARE

AS SOON AS NEXT DAY

- Your own virtual primary care doctor for ongoing care
- Preventive checkups with lab, imaging & screening orders
- Help managing diabetes, blood pressure, weight & more
- Wellness incentive forms completed by your provider

MENTAL HEALTH

AS SOON AS NEXT DAY

- Private, confidential visits with licensed therapists
- Support for stress, anxiety, depression, grief, trauma & substance use
- 24/7 crisis support — a therapist within 30 minutes
- Referrals to longer-term care if needed

ALSO INCLUDED

1. **Health coaching & nutrition**
   Certified diabetes educators, registered dietitians, and health coaches for weight loss, quitting tobacco, pregnancy support, and more.
2. **Specialist referrals**
   Need in-person care? Your provider helps you find a quality, in-network specialist.
3. **Benefits & billing help**
   Registered nurses answer benefit and billing questions and follow up on your care plan.

GOOD TO KNOW

- ✓ Covers you and up to 7 dependents
- ✓ Already pre-registered — just activate your account
- ✓ Use it anywhere in the U.S. — care in 200+ languages
- ✓ Therapy is for members & adult dependents (18+)
- ✓ Prescriptions are billed through your medical plan

HOW TO GET STARTED

1 Activate
Download the app or log in at firststophealth.com

2 Request
Choose a visit type by app, web, or phone

3 Get care
A provider calls or video-chats with you

CALL 24/7
888-691-7867

ONLINE
firststophealth.com

First Stop Health is not for emergencies. If you are experiencing a medical emergency, call 911 or go to the nearest emergency room. Visit availability and covered dependents are subject to your employer's plan.