

Care At Your Fingertips, 24/7

Telemedicine and Virtual Counseling from Action Behavior Centers!

Action Behavior Centers provides First Stop Health Telemedicine and Virtual Counseling to medical-enrolled employees and their covered dependents. For both services, a visit costs \$0.



Talk to a doctor 24/7

Get treatment within minutes via phone or video for minor health issues like:

- Cough & Sore Throat
- Infection (Sinus, Ear, UTI, etc.)
- Skin Rash
- Muscle/Joint Pain
- Medication Refill*

*Doctors can write prescriptions when needed.
Prescription costs are applicable to your medical plan.

Talk to a counselor

Sometimes, you just need someone to talk to. Get short-term counseling to work through:

- Anxiety
- Depression
- Marital/Relationship
- Substance Use
- Work/Life Stress

Visits occur on your time! Get support via phone anytime between 8 a.m. to 8 p.m. Monday-Friday.

“Always cordial, caring, and very upbeat! Thank you for making us feel better mentally as well as physically!” – Helen from Ohio

Get the app 

