



Promote First Stop Health on Internal Chat Channels

Don't let spring allergies catch you off guard!

Many are feeling the effects of spring allergies. First Stop Health is available to review your symptoms and provide you with fast relief.

Get the app, visit firststophealth.com or call (888) 691-7867 to request a visit today!

Spring is in the air!

But so are pollen and allergens. Stay ahead of your spring allergies with these helpful tips:

- Keep the pollen out of your home by closing your windows and running your A/C when possible.
- Jump into the shower as soon as you get home to rinse off the pollen.
- Reach out to First Stop Health for relief of symptoms like sinus headaches, runny noses, and itchy skin.

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What are the symptoms of spring allergies?

Some people may only get a case of the sneezes. But for others, spring allergies can cause congestion, a runny nose, watery eyes, headaches, and more. Don't let spring allergies get you down. Get the app, visit firststophealth.com or call (888) 691-7867 to request a visit today!

Is it a cold or allergies?

Spring allergy symptoms are often the same as those for a cold or flu. Talk to a virtual provider at First Stop Health, get the right diagnosis, and experience immediate relief. Get the app, visit fshealth.com or call (888) 691-7867 to request a visit today!