



Tips for receiving compassionate, inclusive care

Finding healthcare that respects your background, needs, and preferences can sometimes be tough. But it doesn't have to be! These tips can help you speak up and get the care that's right for you:

Communicate your needs.

Tell your doctor about your concerns, preferences, and what matters to you. This helps them give care that fits your life.

Ask questions.

If something isn't clear, ask! Understanding your care helps you make smart choices for you and your health.

Seek diverse care.

Choose providers who respect your culture, beliefs, and values. Doctors at First Stop Health are trained to support people from all backgrounds.

Know your rights.

You have the right to care that's free from discrimination no matter your race, gender, sexual orientation, or other personal traits.



Request a visit today!

First Stop Health is ready to provide you with compassionate and inclusive care. Scan the code, visit firststophealth.com or log in to the app to schedule a confidential visit.

