

# Stay healthy this holiday season!

From busy schedules to limited clinic hours, getting care around the end of the year can be tough. First Stop Health Virtual Primary Care is here to help.

## Managing ongoing conditions.

Make a plan with your provider to enjoy your festivities while still managing conditions like high cholesterol, hypertension, PCOS, and more.

## New health concerns.

No concern is too big or too small! Ask your doctor about anything that's on your mind.

## Holiday stressors.

Your provider can diagnose and treat depression, anxiety and more. Treatment may include prescriptions\* when appropriate.



## Scan for care.

Schedule your visit to talk with a primary care provider from wherever you are!

