

# How to use virtual primary care!



Prioritize self-care this month! Schedule a First Stop Health Virtual Primary Care visit to check in on your health. Just follow these simple steps:



## Claim your account.

It takes just a few minutes to claim your account via our mobile app or at [firststophealth.com](https://firststophealth.com). Then you're all set up!



## Schedule a visit.

Choose the provider you want to have a visit with and get scheduled as soon as tomorrow.



## See your new doctor.

Have your annual wellness checkup or get ongoing care for diabetes, high blood pressure, depression, anxiety, and more.



## Make a plan.

You and your doctor will develop a health plan best suited to you and your lifestyle.



## Get the app

Looking for an easier way to get quality care? Download our app for care that's available whenever, wherever you are. Scan to get care!