

Getting started with health coaching in 2026!



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



Claim your account.

You're all set up. It takes just a few minutes to claim your account via our mobile app or at firststophealth.com.



Schedule a visit.

Select the specialist that you would like to see and get scheduled as soon as tomorrow.



See your specialist.

During your visit you'll talk about your health, goals and any challenges you're facing. It's time focused on what you want to accomplish!



Make a plan.

You and your provider will talk about when to schedule your next visit and stay in touch with you to monitor your progress and adjust your plan as needed.