

# 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](http://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.