



# The best ways to use your benefit in 2026!



First Stop Health is here to support your health all through 2026! Here are a few ways to use your 24/7 virtual urgent care benefit this year.



**24/7 on-demand care** for health issues like cold, flu, UTI, rash, dry skin, sinus issues and more.



**One-time prescription refills when appropriate\***, including for hypertension, asthma, diabetes, anxiety and more.



**Answers to your medical questions**, including "Does this rash look okay?" and "Should I go to the ER for my stomachache?"



## Get the app

Provides First Stop Health Virtual Care to eligible employees and their eligible family. It costs COPAY. Scan to get started!