

Don't let sleepless nights get you sick



Getting enough sleep is crucial to stay healthy. It strengthens your immune system and aids recovery when you're sick. Prioritize sleep, and if you start to feel unwell use your virtual urgent care benefit to:



Get 24/7 care.

Talk to a doctor at a time that's convenient for you, including weekends and nights.



Feel better, faster.

Talk with a doctor in minutes who can diagnose and treat your health issues and when appropriate* prescribe medications.



Save money.

Avoid long waits and high prices at the ER with First Stop Health! There are no hidden fees to talk to a doctor.



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 started!**