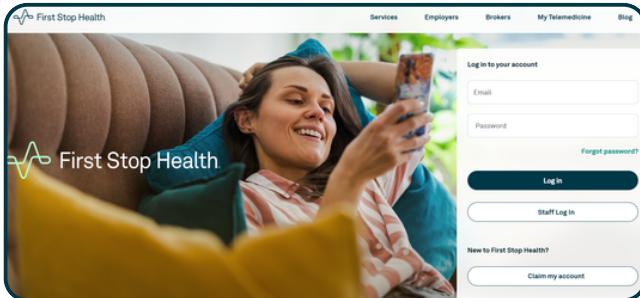


GUIDED WALKTHROUGH

Schedule a mental healthcare visit

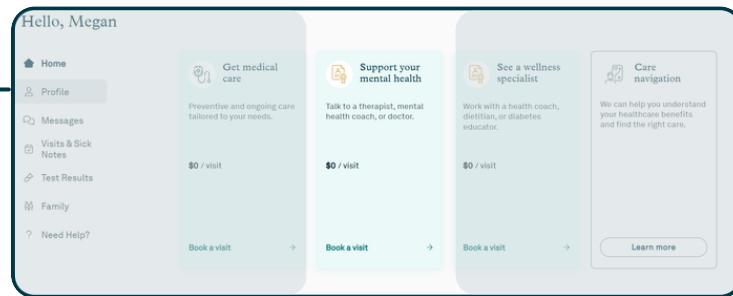


STEP 1

Log in to your First Stop Health account on our mobile app or by visiting firststophealth.com.

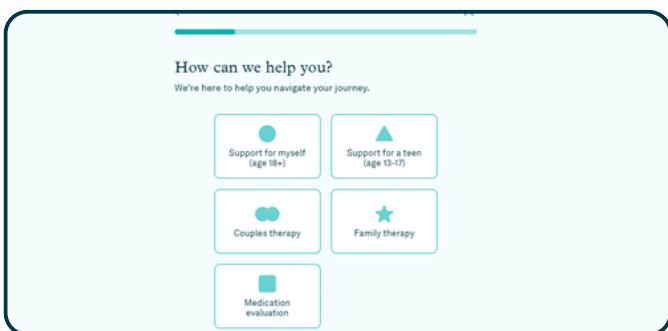
STEP 2

Select 'Support your mental health' to start scheduling your visit.



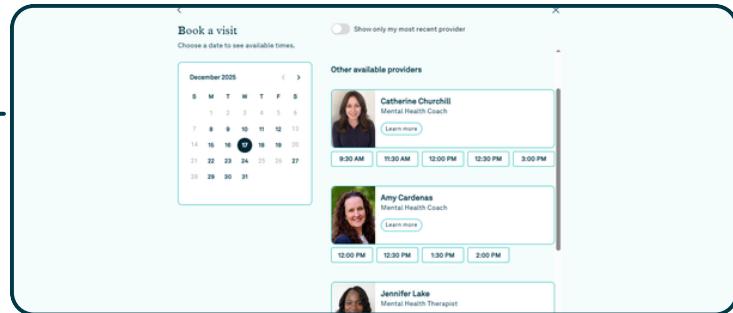
STEP 3

Complete our questionnaire.



STEP 4

Finally, select a date and time that works best for you with a provider you'd like to see.



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