

Schedule a visit with a wellness specialist

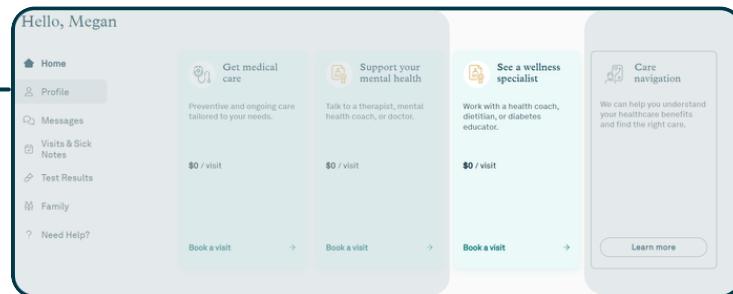


STEP 1

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

STEP 2

Select 'See a wellness specialist' to start scheduling your visit.



How can we help you?

Choose the option that best fits your health needs.

Lifestyle coaching

Stress, heart health, diet, & more.

Nutrition therapy

Learn ways to eat well & enjoy it.

Diabetes management

Help to track sugar, meals, and more.

Weight management

Reach & maintain your ideal weight.

Quit tobacco

Quitting is easier with a little help.

Not sure where to start?

Let us help you get going.

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.

