

Virtual Primary Care

Free preventive, ongoing & urgent care via phone or video



You will love this free health benefit from GEODIS.



You now have the benefit of personalized, ongoing care from a primary care doctor without leaving the comfort of home!

Use First Stop Health Virtual Primary Care for:



Urgent Care Issues

Talk to a doctor in minutes for cough, sore throat, UTI, sinus issue, headache and more.



Prevention & Wellness

Check in on your current health and make a personalized plan to stay healthy and strong.



Mental Healthcare

Diagnosis and prescriptions for depression, anxiety and more. You have virtual counseling, too.



Health Management

Support managing asthma, diabetes, hypertension, high cholesterol, smoking, COPD and more.



Prescriptions, Referrals, Lab Orders and More*

Just like at an in-person visit, our doctors can:

- Prescribe medication
- Refer you to in-network specialists
- Order labs, tests and screenings
- Provide sick notes and documentation



Care on your time.

- On-demand visits for urgent care issues
- Scheduled visits (that start on time!) for primary care



Free for your family.

- The service is FREE and available to all medical-covered employees and their immediate family members.
- We can treat urgent care issues in those <18. Adults can use FSH for both primary and urgent care.



FAQs

When should I use virtual urgent care?

You have 24/7 access to virtual urgent care! Talk to the next doctor available for urgent, minor health issues such as cough, sore throat, UTI, sinus issue, headache and more.

When should I use primary care?

Use virtual primary care when you want personalized, ongoing care from a doctor you choose. Schedule an appointment when you need:

- Health check-ins
- Ongoing health management
- Referrals, screenings and lab orders
- Mental healthcare
- Medication management
- And much more!

How much does it cost?

GEODIS provides First Stop Health at no cost to you. You will never receive a bill from First Stop Health.

Does First Stop Health need my insurance information?

You do not need insurance to use First Stop Health! We are separate from insurance. If you need care outside of First Stop Health, we can help you find quality, affordable options in your insurance network. Your insurance prices will apply for prescriptions, visits with specialists, lab orders and other non-FSH services.

What is short-term counseling and how does it work?

Short-term counseling takes a solution-oriented approach by focusing on identifying immediate solutions for what's on your mind. Most get what they need within 2 to 6 visits. You can work on:

- Work/Life Stress
- New Parent Support
- Grief
- Relationship Issues
- Skill Development
- And More

This service is best for those who do not yet have a relationship with a mental healthcare provider. If you need a higher level of care, we can provide referrals to in-network therapists, support groups and more.

**First Stop Health services are not intended to constitute a health plan. First Stop Health doctors do not prescribe controlled substances. Costs according to your medical plan may apply for prescriptions, lab orders, specialist appointments and other non-FSH services.*