

Feel your best with virtual care.



First Stop Health is here to provide care for your health and wellbeing. Here's how you can use your virtual care benefit this year.



Doctor visits when you need care.

24/7 urgent care or scheduled visits with board-certified providers. Get diagnosis and treatment, prescriptions, referrals, and more.*



Health coaching to meet your goals.

Ready to feel your best? Talk to a health coach, diabetes educator or dietitian to:

- Manage weight
- Improve heart health
- Quit tobacco
- Exercise more
- Improve nutrition
- Get better sleep
- Manage diabetes
- And more



Download the app

Use the app to schedule care in just a few taps, message your provider, and more.

You can also visit firststophealth.com or call 888-691-7867

Invest in yourself today. Future you will thank you!

Schedule a visit with First Stop Health Coaching to get expert guidance on lifestyle changes you can start today. We'll support you every step of the way.