

How to use your virtual care benefit.

Want to stay on top of your health? Virtual primary care doctors at First Stop Health are here to help with:

Prevention & Support

Let's take a deeper look at your current health and make a personalized plan to keep you healthy and strong.

Referrals, Tests and More

Providers can order labs, screenings, and provide referrals to in-network specialists.

Health Management

Support managing diabetes, high blood pressure, high cholesterol, COPD and more.

Mental Health Support

Doctors can provide diagnosis and treatment, including prescriptions* when appropriate, for depression, anxiety, and more.



Scan for care.

Schedule your visit to talk with a primary care doctor from wherever you are!

