

How to handle a summer scare.



Summer is for sunshine, not stress. When heat, bites, burns, or unexpected symptoms strike, you don't have to guess what to do next. With First Stop Health, care is just a click away. Here's what to do:



1. Assess your symptoms

Take a moment to check how you feel. Do you have a rash, bug bite, or sunburn that's getting worse? Are you feeling overheated or dehydrated? If you're experiencing an emergency, call 911.



2. Request a virtual urgent care visit

Request a visit using our mobile app or website. Talk with a board-certified doctor via phone or video in minutes. No commute, no hassle!



3. Feel better, faster

Get expert medical advice tailored to your needs, including:

- Diagnosis and treatment with prescriptions when appropriate*.
- Peace of mind and a clear plan of action on what to do next.
- At-home recommendations for managing your symptoms.

