

**- May.: Put yourself first during Mental Health Awareness Month**

*Your mental health matters – and you can get care for COPAY! Your First Stop Health virtual primary care doctor can diagnose and treat depression, anxiety and more. They can also write prescriptions when appropriate. Ready to get convenient, compassionate care for your mental health? This service is provided to ELIGIBLE EMPLOYEES and their ELIGIBLE DEPENDENTS. [Get the app](#), visit [fshealth.com](https://fshealth.com) or call (888) 691-7867 to schedule your visit. You also have [virtual counseling](#), too.*

**- Jun.: Taking care of you during Men's Health Month**

*Have you been putting off care? Have a medical question you want answered? Try First Stop Health Virtual Primary Care during Men's Health Month. Have your annual check-up, talk about ongoing conditions, get specialist referrals and more. It costs COPAY for ELIGIBLE EMPLOYEES and their ELIGIBLE DEPENDENTS. [Get the app](#), visit [fshealth.com](https://fshealth.com) or call (888) 691-7867.*

**- Jul.: If it's not an emergency, save time AND money with virtual urgent care.**

*Going to the ER means facing ER prices and long wait times. If it's not an emergency, use First Stop Health is to get care wherever you are comfortable. Saving you time AND money, a visit costs COPAY. Virtual urgent care is available to ELIGIBLE EMPLOYEES and their ELIGIBLE DEPENDENTS. [Get the app](#), visit [fshealth.com](https://fshealth.com) or call (888) 691-7867.*

**- Aug.: Back to school season means back to the basics!**

*Don't forget that ELIGIBLE EMPLOYEES and their adult ELIGIBLE DEPENDENTS have access to First Stop Health Virtual Primary care. ELIGIBLE DEPENDENTS of all ages have access to urgent care and . virtual counseling. [Get the app](#), visit [fshealth.com](https://fshealth.com) or call (888) 691-7867.*

**- Sept.: Short-term counseling is here to support you.**

*Sometimes just talking about it can make a difference. If you need unbiased guidance, try First Stop Health Virtual Counseling. COMPANY NAME provides this confidential service to ELIGIBLE EMPLOYEES and their ELIGIBLE DEPENDENTS for COPAY. You have 24/7 urgent care, too.*

*On World Heart Day, show your heart some love! Use First Stop Health Virtual Primary Care to get convenient care for high blood pressure, diabetes, high cholesterol and more. [Here's how your doctor can help](#). COMPANY NAME provides this confidential service to ELIGIBLE EMPLOYEES and their ELIGIBLE DEPENDENTS for COPAY.*

**- Oct.: Don't get spooked by surprise bills! First Stop Health visits cost COPAY.**

Getting care can be expensive, especially when it's at the ER or urgent care. But with virtual care, your visits cost COPAY, so you don't have to worry about the bill while on the road to feeling better. First Stop Health is available to ELIGIBLE EMPLOYEES and their ELIGIBLE DEPENDENTS. [Get the app](#), visit [fshealth.com](https://fshealth.com) or call (888) 691-7867.

October brings pink ribbons, Breast Cancer Awareness Month events and the frequent thought: "I should get a mammogram done." Not sure where to start? Learn more about [First Stop Health Virtual Primary Care](#). First Stop Health is available to ELIGIBLE EMPLOYEES and their ELIGIBLE DEPENDENTS. [Get the app](#), visit [fshealth.com](https://fshealth.com) or call (888) 691-7867.

**- Nov.: Don't sniffle through cold and flu season.**

At the first sign of sniffles, know that our doctors are here to help! Request a visit with First Stop Health Urgent Care to get care for cold & flu symptoms. ELIGIBLE EMPLOYEES and their ELIGIBLE DEPENDENTS have 24/7 access to doctors at no cost! [Get the app](#), visit [fshealth.com](https://fshealth.com) or call (888) 691-7867. You also have virtual primary care, too!

**- Dec.: Staying happy and healthy for the holidays!**

No matter your plans for the holiday season, know that First Stop Health is here for you. Get support for your physical and mental health with virtual primary care. If you need care in minutes, just use urgent care. ELIGIBLE employees and their ELIGIBLE DEPENDENTS can request a visit anytime, anywhere. [Get the app](#), visit [fshealth.com](https://fshealth.com) or call (888) 691-7867.