



# Virtual Primary Care

## You will love virtual primary care.

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

Use First Stop Health Virtual Primary Care for:

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**Urgent Care Issues**  
 Talk to a doctor in minutes for sinus infection, UTI, cold, flu, rash, headache and more.
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**Prevention & Wellness**  
 Check in on your current health and make a personalized plan to stay healthy and strong.
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**Mental Healthcare**  
 Diagnosis and prescriptions for depression, anxiety and more. You have virtual counseling, too.
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**Health Management**  
 Support managing asthma, diabetes, hypertension, obesity, high cholesterol, smoking, COPD and more.
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**Referrals, Tests and More**  
 Just like at an in-person visit, our doctors can:
  - Order labs, tests and screenings
  - Provide sick notes and documentation
  - Refer you to in-network specialists



### 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 associates in the medical plan and their covered dependents.
- We can treat urgent care issues in those <18. Adults can use FSH for both primary and urgent care.