Virtual Counseling and Telemedicine Introduction
Telemedicine and Virtual Mental Health Solution

Confidential diagnosis and treatment are provided conveniently via phone and video.

Get connected to a doctor or counselor in MINUTES! Available at any time, 24/7.

Easy to use mobile app! Get help at home, work, or when traveling.

When appropriate, a doctor may prescribe a medication.

Doctors and counselors licensed in 50 states. Use FSH from home, work, or when traveling.

No cost to medical-enrolled employees or their immediate family members!
Family Issues  
Anxiety  
Grief  
Parenting Stress  
Lifestyle Changes  
Substance Use  
Relationship Issues  
Work Stress  
Life Stress  
Depression  
Other Concerns
Not sure if it can be treated?

- Err on the side of care!
- Request a visit to ask medical questions to a certified doctor.
- Doctors can advise on next steps for your medical concern.
3 Ways to Request a Visit
With the app, you can:

- Request a telemedicine or counseling visit
- Add and manage family members
- Update preferences and information
- Contact FSH
- Rate your visit
- View doctor visit information
  - Listen to past visits
  - Review doctor instructions
  - Download your sick note
Dashboard

Same features as on app!

www.fshealth.com
Just Call!

Call 888-691-7867
Save our number now!
**Telemedicine**

- Doctor calls patient directly using the phone number provided during intake.
- Video consults must be completed via mobile app.
- Receive a text message/email with a link to enter the secure video exam room.

**Counseling**

- Intake counselor calls member directly using the phone number provided during intake to schedule first appointment with matched counselor.
- Matched counselor calls member at the specified appointment date and time (typically between 8 a.m. and 8 p.m. Monday-Friday).
- Counselor and member decide on schedule of calls moving forward.
- Ability to initiate video calls.
Prescription Information

- Patients never have to wonder what’s going on with their prescription.
- Patients receive SMS and/or email notifying when a Rx is sent to preferred pharmacy.
- If there is ever any issue with a Rx, employees can call 888-691-7867. Help is available 24/7.
Watch the 1-minute overview videos!

Talk to a Doctor
https://youtu.be/y-gMYDdQxSE

Talk to a Counselor
https://youtu.be/Gc62jgrC-4w
Need help troubleshooting?

For pharmacy questions, issues logging in, and any help you may need, our team is available.

- **App**: Click the “Help” tab
- **Call**: 888-691-7867 and press 2
- **Email**: member_services@fshealth.com