



Your partner in health and wellbeing.

Get convenient care for your body and mind – all via phone or video. Bridged Health Alliance provides First Stop Health to medical-enrolled employees and their immediate family members for FREE.



Medical visits when you need care.

24/7 urgent care or scheduled visits with board-certified providers. Get diagnosis and treatment, prescriptions, referrals, and more.*



Health coaching to meet your goals.

Ready to feel your best? Talk to a health coach, diabetes educator, or dietitian to:

- Manage weight
- Improve heart health
- Quit tobacco
- Get better sleep
- Manage diabetes
- And more



Support for your mental health.

Your mental health matters! Talk to a therapist, mental health coach, or primary care provider.

Activate your account



Use the last 4 digits of your SSN to claim your account!