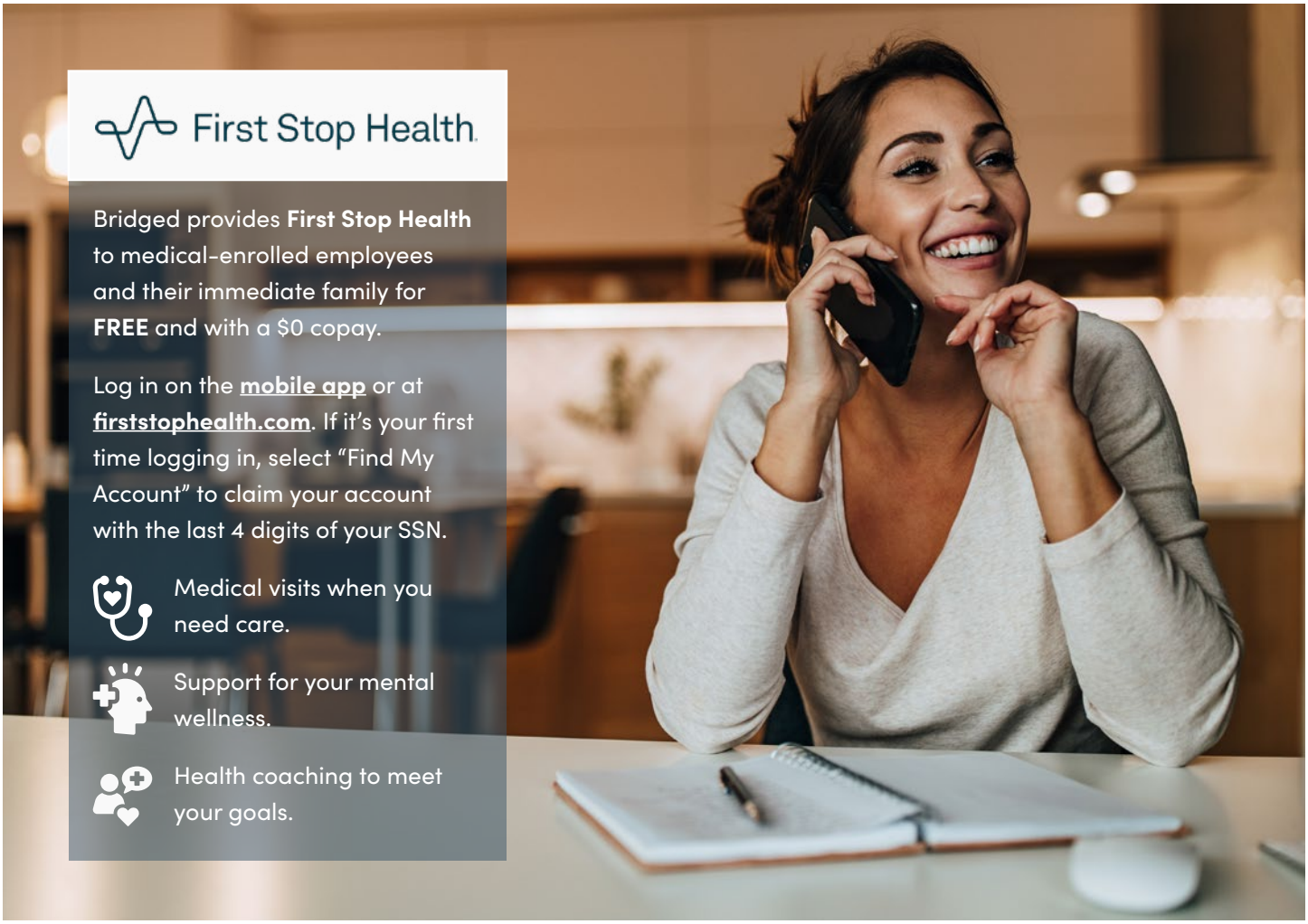


FREE Telehealth Services

Urgent Care

With on-demand, 24/7 urgent care provider access, First Stop Health will save you time and money.

Primary Care

Connect with experienced providers who will listen, understand, and truly care about your health.

Therapy and Mental Health

Your mental health matters. Confidentially talk with a mental health provider who is here to listen and provide support. Whether you're feeling down, anxious or overwhelmed First Stop Health therapists are here to listen, and they're here to help.

Health Coaching

Reach your health goals, no matter how big or small, with expert guidance and support.

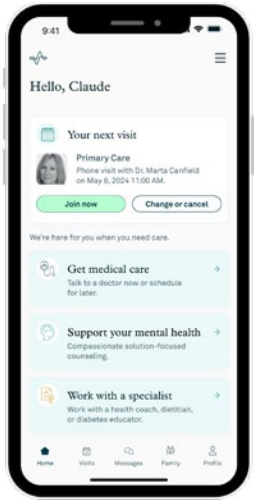
Urgent Care as easy as 1, 2, 3

Request a visit

It takes just a few clicks on the mobile app or website or a quick phone call. No registration is required.

Get care

An urgent care provider will call you directly or join with video on the mobile app or website



Get a diagnosis

Your provider will listen to your symptoms, diagnose your condition and provide a treatment plan, which may include a prescription.

Get back to life

And that's it! If your provider wrote you a prescription, you'll be able to pick it up quickly from your preferred pharmacy and get back to what matters most.