

How to use virtual primary care!



Here's how to schedule a primary care visit to check in on your health.



Claim your account.

You're all set up. It takes just a few minutes to claim your account via our mobile app or at firststophealth.com.



Schedule a visit.

Answer a few questions, choose your doctor and get scheduled as soon as tomorrow.



See your new doctor.

Have an annual checkup or get ongoing care for diabetes, high blood pressure, depression, anxiety and more.



Make a plan.

You and your doctor will develop a health plan best suited to you and your lifestyle.



Claim your account and get care!