

Support for your health and wellbeing



Convenient visits

Whether you're at home, work or on vacation, you can talk to your provider via video.



Goal-oriented support

You'll work together to create a plan that works so that you see long-lasting results!



Providers you'll love

Schedule a visit with one of our health coaches, dietitians or diabetes educators.



Confidential support

All care from First Stop Health is completely confidential and your information is kept private.



Scan to get care.

Ways to use this benefit!

- Weight Management
- Better Sleep
- Diabetes Management
- Smoking Cessation
- Stress Management
- Nutrition Support
- Heart Health
- Exercise Plans
- And More