

Virtual Primary Care



You will love this Irving Materials, Inc. health benefit.

Beginning January 1, 2024, your First Stop Health benefit includes personalized, ongoing care from a primary care doctor without leaving the comfort of home!

Use First Stop Health Virtual Primary Care for:



Urgent Care Issues

Talk to a doctor in minutes for sinus infection, UTI, cold, flu, rash, headache and more.



Prevention & Wellness

Check in on your current health and make a personalized plan to stay healthy and strong.



Mental Healthcare

Diagnosis and prescriptions for depression, anxiety and more. You have virtual counseling, too.



Health Management

Support managing asthma, diabetes, hypertension, obesity, high cholesterol, smoking, COPD and more.



Referrals, Tests and More

Just like at an in-person visit, our doctors can:

- Order labs, tests and screenings
- Provide sick notes and documentation
- Refer you to in-network specialists

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Care on your time.

- On-demand visits for urgent care issues
- Scheduled visits (that start on time!) for primary care



Free for your family.

- The service is FREE and available to medical-enrolled employees and your immediate family members!
- We can treat urgent care issues in those <18. Adults can use FSH for both primary and urgent care.