

Virtual Primary Care FAQs

Wondering how to use First Stop Health Virtual Primary Care? Here's a break down.



Virtual Primary Care

Supporting your health is simple with virtual primary care. Talk with your personal doctor to:

- Go over your health during your annual wellness visit and set health goals
- Manage your mental health with screenings, diagnoses, referrals, prescriptions* and more
- Get support for health conditions like asthma, diabetes, high cholesterol and more
- Get referrals, lab orders, sick notes and more

Schedule your first visit in our free mobile app, at fshealth.com or just call 888-691-7867.



Virtual Counseling

Take care of your mind with short-term virtual counseling. [Request a visit to be paired with a counselor.](#)



Urgent Care

Need care now? Use urgent care talk to a doctor in just minutes! [Request a visit in just a few clicks.](#)

Little Sprouts provides virtual primary care and virtual counseling to all employees and their immediate family members for FREE.

Please note: If you are on Mass Health, Medicare or Medicaid, First Stop Health may not be the best option for you.