



Virtual Primary Care

You will love this Food For The Poor health benefit.

You now have the benefit of personalized, ongoing care from a primary care doctor without leaving the comfort of home!

Use First Stop Health Virtual Primary Care for:

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Urgent Care Issues
 Talk to a doctor in minutes for sinus infection, UTI, cold, flu, rash, headache and more.
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Prevention & Wellness
 Check in on your current health and make a personalized plan to stay healthy and strong.
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Mental Healthcare
 Diagnosis and prescriptions for depression, anxiety and more. You have virtual counseling, too.
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Health Management
 Support managing asthma, diabetes, hypertension, obesity, high cholesterol, smoking, COPD and more.
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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



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 to all team members and your immediate family members!
- We can treat urgent care issues in those <18. Adults can use FSH for both primary and urgent care.

**Costs according to your medical plan may apply for prescriptions, lab orders, specialist appointments and other non-FSH services.*