



## Cold & flu season is here - and so are we!

As cold and flu season quickly approaches, familiarize yourself with the symptoms of the flu and how First Stop Health Telemedicine can support you with the care you need.

### Symptoms of the flu.

- ◆ Fever
- ◆ Chills
- ◆ Headache
- ◆ Runny nose
- ◆ Cough
- ◆ Sore throat

### How we can help.

Your doctor can write prescriptions\* when appropriate and advise you on how to treat your symptoms. You can also ask your doctor questions like “should I get a flu shot?” or “what medications can I take?”.

Irving Materials, Inc. provides First Stop Health Telemedicine to employees enrolled in the medical plan and their immediate family members. A visit costs \$0.00.

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\* Costs applicable to your medical plan.