**FIRST STOP HEALTH AVAILABLE 1/1/2021!**

* Benefit Update: Telemedicine & Virtual Counseling



Great news! You now have 24/7 access to doctors and counselors via phone or video with First Stop Health telemedicine and virtual counseling from SISIT.

**Talk to a Doctor**

Get treatment for health issues like sinus infection, cold and flu, pink eye and more. Doctors can prescribe\* when the time is right. A visit costs $0.

Request a Visit: <https://deujk.app.link/887Em9laqab>

**Talk to a Counselor**

Sometimes, you just need someone to talk to. First Stop Health counselors are available via phone or video 24/7 at no cost to you. Watch the video: <https://youtu.be/Gc62jgrC-4w>

Request a Visit: <https://deujk.app.link/887Em9laqab>

Both services are completely confidential and provided to you and your immediate family members.

**3 Ways to Request Care**

* App: <https://deujk.app.link/RpYoQxMPA1>
* Web: <https://app.fshealth.com/member/>
* Phone: 888-691-7867