



GuideOne's Telemedicine Service

WHAT is telemedicine?

Doctors available via phone or video, 24/7

WHEN should I call First Stop Health?

When you don't feel well, experience a minor injury or illness, run out of a prescription* while traveling, or have a medical question.

WHY should I use telemedicine?

It saves you time and money. Doctors can diagnose and treat you from the comfort of home (or wherever you are).

HOW does it work?

Call, log in at fshealth.com, or download the First Stop Health mobile app to request your doctor visit. You're all set to get started – no registration required!

HOW MUCH does it cost?

Costs \$0 for those on PPO and HMO, and \$49 for those on HDHP. It's provided to benefit-enrolled employees and your immediate family members as part of your GuideOne benefits package.

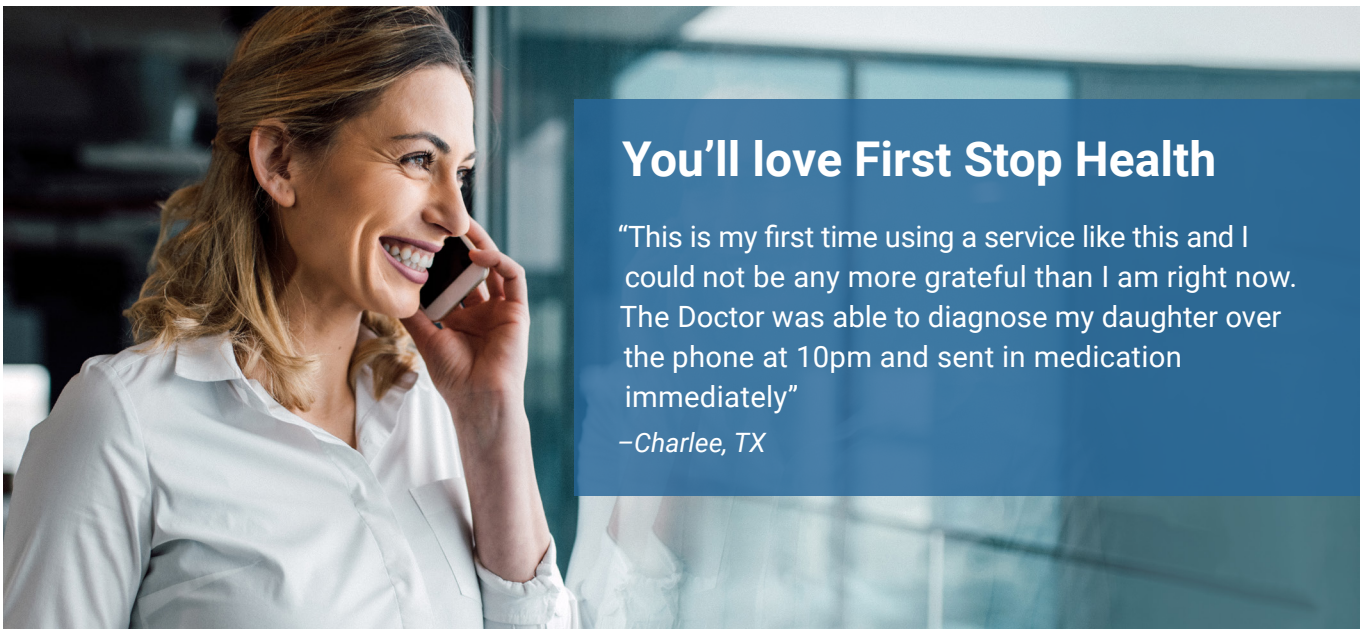
Talk to a doctor 24/7!
888-691-7867



Top 10 Reasons to Call First Stop Health

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|---|-------------------------|----|-------------------|
| 1 | Cough | 6 | Muscle/Joint Pain |
| 2 | Sinus Issue | 7 | Cold |
| 3 | Sore Throat | 8 | Earache |
| 4 | Urinary Tract Infection | 9 | Medication Refill |
| 5 | Skin Rash | 10 | Eye Infection |

But that's not all! Our doctors diagnosis and treat a wide variety of health concerns every day, and can also answer your medical questions.



Talk to a doctor within MINUTES

 **888-691-7867**



Mobile App

