First Stop Health

Care that people love®



Primary Care

Schedule visits with a doctor for **chronic** issues, **prevention**, high-value referrals, & care **coordination**.

Advanced **clinical & benefits navigation** from nurses.

Wrap-around care from health coaches, diabetes educators, & dietitians.



Urgent Care

24/7 access to a doctor for minor illness, injury & medical advice. Connect in minutes via **phone, app, or web.**

Across all solutions: Available in **200+ languages**, support for up **7 dependents** (as member defines them), & **no pre-defined limits** on the number of visits.



Mental Health

Support within minutes, appointments in days to treat a range of mental health conditions such as stress, anxiety, grief, etc.

Short-term & Long-term therapy. Primary care doctors for Rx. Guidance from **mental health coaches** for tobacco cessation, wellness, etc.

The First Stop Health Difference

Custom Engagement

- Custom, year-long marketing plan for each client
- Personalized messaging and outreach using personas
- Continuous communications throughout the plan year

Amazing Patient Experience

- Access within minutes via app, website or phone
- No registration required
- No fees

Industry-Leading Utilization*

- 67% average Complete Care utilization
- 55% average Elevated Care utilization
- 47% average Essential Care utilization

Guaranteed Usage

- Usage and ROI guarantees ensure the success of our solutions
- 100% of First Stop Health fees are at-risk

These numbers reflect data from 1/1/2025 - 12/31/2025