



# Where to turn when you need care

With more doctors and clinics offering virtual care, you might be wondering exactly where to turn when you're under the weather. Here's the breakdown:

## Use First Stop Health

- get treatment for cough, sore throat, UTI and more
- avoid waiting rooms
- talk to a doctor in minutes
- ask a medical question (don't trust Dr. Google!)

## See your primary physician

- schedule appointments for ongoing care for chronic conditions
- ask questions about lifestyle medications for hair loss, weight control, etc.

Tate & Lyle provides First Stop Health to medical-enrolled employees and retirees and their enrolled dependents.

**TATE & LYLE**

**Get the App**



You can also go to [fshealth.com](https://fshealth.com)  
or call **888-691-7867**.