



24/7 virtual care – free for you

For employees and their eligible dependents enrolled in a Refresco medical plan we have partnered with First Stop Health to provide fast, confidential virtual care at no cost, anytime, anywhere. One of the key benefits is the ability to see the same doctor for future visits, providing a more personalized and consistent healthcare experience.

What is included with First Stop Health telemedicine and virtual healthcare?

Virtual doctor visits (24/7, free)

Connect with board-certified doctors anytime for diagnosis, treatment plans, prescriptions*, referrals and more. Here's what you can expect:

- **Primary care** – use this service as your primary care provider, including annual preventive care visits
- **Urgent care** – get immediate help for common illnesses or minor injuries, day or night
- **Convenient telehealth access** – enjoy remote consultations without needing to visit a clinic
- **Prescriptions & referrals** – when appropriate, your doctor can provide prescriptions, lab orders, or refer you to specialists

Health coaching (free)

Work with certified health professionals to manage weight, improve health, quit tobacco, get better sleep, manage diabetes and more.

Virtual therapy (free)

A safe space for mental health: short-term, confidential mental health support for stress, anxiety, life challenges, grief and loss and much more.

Why you will love First Stop Health:

- **Care that fits your life** – convenient, confidential care, whenever and wherever you need it, at zero cost to you
- **Personalized experience** – see the same doctor for ongoing, consistent care
- **Your privacy matters** – First Stop Health is HIPAA-compliant and your care is 100% confidential

Getting started is simple!

Activate your First Stop Health account and download the app today!

Visit www.firststophealth.com to learn more or scan the QR code to download the app.



* Prescription drug copays may apply based on your medical plan coverage.