



## Cold and flu season is here - get care fast with First Stop Health

Cold season typically starts in late August - early September. Flu season begins in October and peaks between December and February. Prevent the spread of illness by washing your hands often, avoid close contact with sick individuals, get your annual flu shot (6 months and older), and stay home when sick to prevent spreading illness.

Feeling under the weather? Skip the waiting room and connect with a doctor 24/7 with no copays and no hassle. Licensed doctors are just a call or click away. They can diagnose, treat and even send prescriptions to your pharmacy. Your health is a priority. Let First Stop Health be your **first stop!**

**Together, we are well**

**Learn more by watching  
an on-demand webinar:**



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**First Stop Health**

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