



3 easy ways to talk to a doctor

AHEAD INC provides telemedicine to you and your immediate family members for FREE. Here's how to get started.



Mobile App

- 1. Download the First Stop Health mobile app
- Tap 'Find My Account' and set up your account using your employee ID number





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Website

- 1. Go to fshealth.com
- Click 'Log In' in the upper right, then 'Find My Account'
- Set up your account using your employee ID number



Phone Call

1. Call 888-691-7867

