# 3 easy ways to talk to a doctor

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

## ① Mobile App

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

ANDROID APP ON Google play

Download on the App Store

## ② Website

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

## ③ Phone Call

1. Call 888-691-7867

FMH

Hello.

How can we help you?

Talk to a Doctor

Who is the visit for?

Me | My Family

Request a Visit for Me

Home | Visits | Contact | Family | Profile

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