

3 easy ways to talk to a doctor

Land O' Frost 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



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

