



**Talk to a counselor from
the comfort of home.**

Beginning January 1, 2022!

Virtual Counseling from Vi-Jon

Sometimes you just need someone to talk to. First Stop Health counselors are available to provide support anytime, anywhere.



Talk to a Counselor

Talk to a counselor via phone or video when and where you're most comfortable. Visits occur between 8 a.m. and 8 p.m. Monday through Friday.

- Depression and Anxiety
- Work/Life Stress
- Grief and Loss
- Substance Use
- Family and Relationships
- And More



No cost to you

Vi-Jon provides First Stop Health to all employees and their immediate family members at no cost.

You have telemedicine, too.

You have 24/7 doctor access! Get treatment via phone or video for flu, sinus infection, UTI and more. Prescriptions* available.

*Doctors can write prescriptions when needed. Prescription costs are applicable to your medical plan.

"Talking to the counselor helped validate my feelings and form a plan to address my issues. I can't thank the counselor enough for getting me through a difficult time!"

– Sandee from Utah

Get the app ↓



You can also log in at fshealth.com or call 888-691-7867.