

Care You Will Love— Anytime, Anywhere



Telemedicine from Land O' Frost beginning January 1, 2022!

Getting the care you need shouldn't be a pain. With First Stop Health from Land O' Frost, you can talk to a doctor via phone or video for treatment in MINUTES.



Talk to a doctor 24/7

Talk to a doctor in minutes for a wide variety of health concerns.

- Sore Throat
- Cough
- Sinus Infection
- Skin Rash
- Eye Infection
- Earache
- Urinary Tract Infection
- Aches and Pains
- Medical Question
- Medication Refill*

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



No cost to you

There are no fees or copays! Land O' Frost foots the bill.



Care for your family

Provided to medical-enrolled employees and your immediate family members.

“Fast and easy experience! Saved me the trouble of having to drive to an urgent care, not to mention the long waits.”

– First Stop Health Member

Get the app ↓

