

Virtual Primary Care



You will love this Central Texas Food Bank health benefit.



Starting Feb. 18, 2022, you have the benefit of personalized, ongoing care from a primary care doctor without leaving the comfort of home! If you are on an HDHP plan, virtual primary care costs \$40 per visit. Otherwise, it's completely free to use!

Use First Stop Health Virtual Primary Care for:



Urgent Care Issues

Talk to a doctor in minutes for sinus infection, UTI, cold, flu, rash, headache and more.



Prevention & Wellness

Check in on your current health and make a personalized plan to stay healthy and strong.



Mental Healthcare

Diagnosis and prescriptions for depression, anxiety and more. You have virtual counseling, too.



Health Management

Support managing asthma, diabetes, hypertension, obesity, high cholesterol, smoking, COPD and more.



Referrals, Tests and More

Just like at an in-person visit, our doctors can:

- Order labs, tests and screenings
- Provide sick notes and documentation
- Refer you to in-network specialists



Care on your time.

- On-demand visits for urgent care issues
- Scheduled visits (that start on time!) for primary care



Includes your family.

- It's available to all employees and your immediate family members.
- We can treat urgent care issues in those <18. Adults can use FSH for both primary and urgent care.