



# Your 24/7 Doctor Access

The Gideons International offers First Stop Health virtual counseling to all employees and your immediate family members for FREE. Talk to a counselor via phone for:

- Anxiety
- Depression
- Grief & Loss
- Work/life stress
- Substance use
- And More



Use your employee ID to log in.

You can also log in at [fshealth.com](https://fshealth.com) or call 888-691-7867



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