



## 3 easy ways to talk to a doctor or counselor

Mervis Industries provides telemedicine and counseling to you and your immediate family members. A visit costs \$0.\* 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 the last 4 digits of your SSN

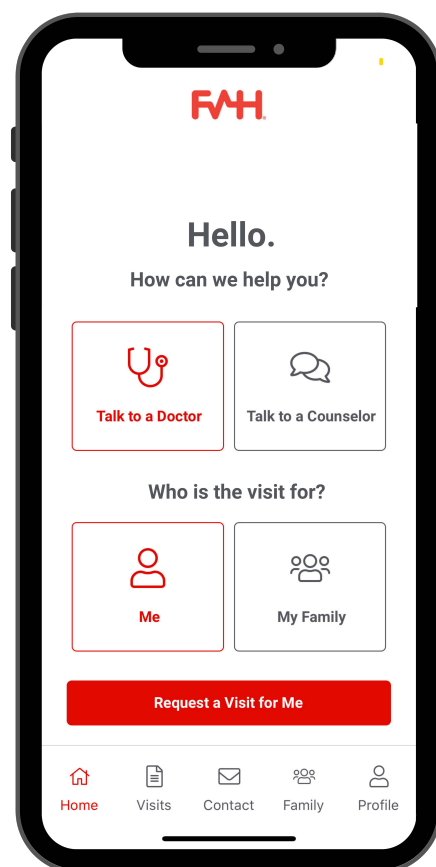


### 2 Website

1. Go to fshealth.com
2. Click 'Log In' in the upper right, then 'Find My Account'
3. Set up your account using the last 4 digits of your SSN

### 3 Phone Call

1. Call 888-691-7867



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

233 N. Michigan Ave., Suite 1400, Chicago, IL 60601