3 easy ways to talk to a doctor or counselor

Montrose Regional Health provides telemedicine and counseling to you and your covered dependents. 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 your employee ID

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 your employee ID

③ Phone Call

1. Call 888-691-7867

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

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