

FREE Care At Your Fingertips, 24/7

Telemedicine and Virtual Counseling from Trickum Ops DBA Bojangles



Starting January 1st, you'll have access to doctors and counselors via phone or video with telemedicine and virtual counseling. Both services are provided to ALL employees and their immediate family members at no cost — they are FREE to use!

Talk to a doctor 24/7

Get treatment within minutes for minor injuries, illnesses, and prescriptions.

- Cough & Sore Throat
- Infection (Sinus, Ear, UTI, etc.)
- Skin Rash
- Muscle/Joint Pain
- Medication Refill*

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

Talk to a counselor

Sometimes, you just need someone to talk to. Talk to a licensed counselor to work through:

- Anxiety
- Depression
- Marital/Relationship
- Substance Use
- Work/Life Stress

Visits occur on your time! Get support via phone or video anytime between 8 a.m. to 8 p.m. Monday-Friday.

"Always cordial, caring, and very upbeat!
Thank you for making us feel better
mentally as well as physically!"
– *First Stop Health Member*

Get the app 



(888) 691-7867 | fshealth.com

*Employees aged 16-17 need to call 888-691-7867 with a parent to access the service.