

# Virtual Primary Care



## You will love this Lighthouse Electrical Contractors health benefit.



You now have the benefit of personalized, ongoing care from a primary care doctor without leaving the comfort of home!

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.



### 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



### Free for your family.

- The service is FREE and to employees enrolled in the medical plan and their covered dependents!
- We can treat urgent care issues in those <18. Adults can use FSH for both primary and urgent care.