



3 easy ways to talk to a doctor or counselor

Mark Anderson Companies, Inc. 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

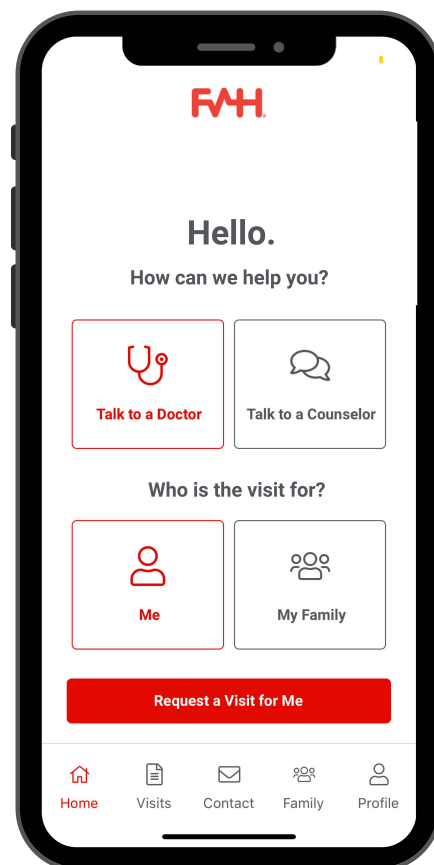


2 Website

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.*

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