



# 3 easy ways to talk to a doctor

PAR provides telemedicine to you and your immediate family members for free. 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

