



Activate
your account



firststophealth.com | 888-691-7867

Getting started with virtual care.

Get convenient care for your body and mind — all via phone or video.



Urgent Care Issues

Talk to a provider in minutes for sinus issues, UTI, cold, flu, skin rash and more. Available for all ages!



Prevention & Wellness

Check in on your current health and make a personalized plan to stay healthy and strong.



Mental Healthcare

Diagnosis and treatment, including prescriptions* when appropriate, for depression, anxiety and more.



Health Management

Support managing diabetes, high blood pressure, high cholesterol, COPD and more.



Referrals, Tests and More

Providers can order labs, screenings and provide referrals to in-network specialists.*