

# Healthcare at your fingertips

Access your patient dashboard for on-demand care



Use your secure patient dashboard to request a doctor visit, view and print sick notes, or get support via the 'Contact Us' form.

## Set up your account

- Go to [www.fshealth.com](http://www.fshealth.com)
- Click 'MEMBER LOGIN' in the upper right corner
- Click 'SET UP' under 'New to First Stop Health?'
- Follow the simple instructions on your screen
- Need help? Call 888-691-7867

## Log in at [www.fshealth.com](http://www.fshealth.com)

- Click 'MEMBER LOGIN' in the upper right corner
- Enter your email address and password on the welcome screen

FREE benefit provided to Douglas County employees enrolled in the medical plan and immediately family members.

## Download the Mobile App

- Search First Stop Health in your app store, or use the QR code to the right
- Enter your email address and password on the welcome screen



## Don't want to log in? Just call!

- Simply call a doctor **888-691-7867**
- No login or online registration required

