



Primary Care



A virtual medical home.

In the pursuit of making populations measurably healthier and to lower healthcare costs for employers, First Stop Health's Primary Care solution offers a holistic care experience. Patients can now have even more interactions with a more robust, certified clinical network to address a broader spectrum of health risk.

PRIMARY CARE SNAPSHOT

- Includes urgent care for episodic, non-emergency issues
- Preventive care aligned with USPSTF* age- and gender-based screenings
- Ongoing chronic disease management (i.e. diabetes, MSK, hypertension, etc.)
- Smart referrals for in-network care when in-person care is needed
- Reminders and hands-on follow-up on treatment plans
- Steerage to other employer-sponsored benefits

PRIMARY CARE



Advanced Clinical & Benefit Navigation

Access to a team of nurses (before and after primary care visits) for benefit & coverage questions, steerage, and clinical next steps



Health Coaching & Specialist Support

Access to certified diabetes educators, nutritionists, and certified health coaches for things like tobacco cessation, pregnancy, etc.



Direct, Virtual Care

Direct care means care that clinicians want to deliver, care people actually use and love, care that improves health and changes behavior, and care that controls costs

Primary Care

Care Team driven, costs contained, results guaranteed.

PRIMARY CARE FEATURES



Preventive Care

Routine check-ups and lab or screening referrals to track overall health. Aligned with USPSTF guidelines.



Chronic Disease Management

With support from our PCPs, diabetes educators, nutritionists, and certified health coaches, patients can manage major conditions like cardiovascular disease, substance use, weight loss, etc.



Collaborative Care

Collaboration with patients' existing, in-person clinicians by supporting continuity of care through coordination, shared context (with patient consent), and thoughtful navigation — ensuring virtual care complements, rather than replaces, established provider relationships.

PRIMARY CARE:



on average per provider recommendation & **26% lower costing** care paths



of patients of patients have seen another provider with First Stop Health



of patients lowered blood pressure & stabilized glucose after 5 visits



of patients lost weight through behavior change alone & without medication

“

“The doctor is incredibly knowledgeable and provides a thorough understanding of specific medical conditions. She takes time to explain results of tests to ensure I am informed about my healthcare journey. She listens to my medical concerns that are physical and mental, and she provides excellent guidance based on those concerns! I have never had such a hands-on healthcare experience with any other doctor in my 57 years.”

”

First Stop Health Patient