



First Stop Health.

NEW BENEFIT!

FIRST STOP HEALTH

Full-time and part-time employees and immediate family members can get convenient care – for **FREE!**



MEDICAL VISITS

24/7 Urgent Care or scheduled visits with board-certified providers.



HEALTH COACHING

Talk to a coach, diabetes educator, or dietician to:

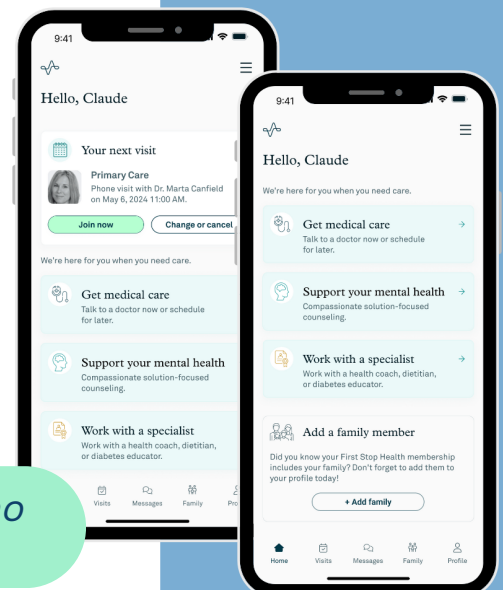
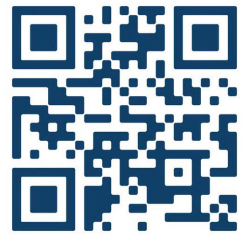
- Manage Diabetes
- Manage weight
- Improve heart health
- Get better sleep
- Quit tobacco
- And more



MENTAL HEALTH SUPPORT

Talk to a therapist, mental health coach, or primary care provider.

ACTIVATE YOUR ACCOUNT



FREE for every full-time and part-time employee—no enrollment in Pyramid's medical plan required