



Welcome to MDLIVE! Your anytime, anywhere doctor's office.

Avoid waiting rooms and the inconvenience of going to the doctor's office. FirstCare members can visit a doctor by phone, secure video, the MDLIVE App, or through myFirstCare self-service (my.FirstCare.com)—all available 24/7. **Copays starting at \$0 for most plans.**



Meet Sophie,

Your Personal Health Assistant! Sophie makes creating an account quick and easy using your smartphone, anytime, anywhere! **It's easy to register!**

Steps to Connect to Chatbot:

1. Text **FIRSTCARE** to 635483.
2. Tap to load preview.
3. Tap **"Let's Chat"** to launch a web page which works like a texting conversation.



Download the app.
Join for free. Visit a doctor.

my.FirstCare.com
1-800-718-5082



Common conditions treated through **FirstCare Virtual Care—powered by MDLIVE**

General Health

- Common cold / Flu
- Cough
- Fever
- Insect bites
- Allergies
- Diarrhea
- Nausea / Vomiting
- Pink eye
- Sore throat
- Constipation
- Ear problems
- Headache

Behavioral Health

- Addictions
- Stress / Anxiety
- Bipolar disorders
- Depression
- Eating disorders
- Grief and loss
- Life changes
- Panic disorders
- Parenting issues
- Postpartum depression
- Relationship and marriage issues
- Trauma and PTSD

Dermatology

- Acne
- Rashes
- Eczema
- Rosacea
- Psoriasis
- Alopecia
- Cold sores
- Inflamed or enlarged hair follicles
- Warts or other abnormal bumps
- Suspicious spots and moles



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