

A Better Way to Stay Healthy



We help people to be at **their healthiest**.

Healthcare Without the Headache

CARE THAT FEELS LIKE HOME.

Simple, personal, and always there for you. The mission of First Primary Care is to revolutionize healthcare by focusing on your long-term health and removing the barriers that keep you from your best.

From Text to Treatment

- For accessible care, **simply start with a text**



What's Included?



Unlimited In-Person & Virtual Visits



\$0 Copays or Deductibles & No Hidden Fees



Same Day/Next Day Appointments



Annual Wellness Exams Including Labs



Free Generic & Urgent Care Prescription Medications



Well-Woman Exams & Birth Control

When You Need Specialty Care, We Can Help You Find Affordable Options.

For services like **imaging, specialty medications, surgeries, specialists, extensive labs, and more** that aren't covered, **we can recommend trusted providers who offer fair pricing.**

Better Care Starts *Before* You're Sick

We redefine healthcare with the increasingly popular **Direct Primary Care (DPC)** model. You get **unrestricted visits, longer appointments, fast scheduling, and direct access to a trusted care team**. DPC handles up to 65% of typical urgent care and doctor visits, helping you **avoid unnecessary ER trips and hospital stays**. With expert advice just a message away, you get care when you need it—quickly and conveniently. It's all included. **Because staying healthy should be easier (and more affordable) than getting sick.**



\$0 VISITS

(In-person or virtual, depending on location)



SAME / NEXT-DAY APPOINTMENTS



\$0 GENERIC MEDS & HOME DELIVERY



\$0 ROUTINE LABS



Our care focuses on providing support for you across the **4 Pillars of Health**.

The 4 Pillars of Health

- Sleep
- Nutrition
- Exercise
- Mental Health

The 4 Pillars are your strongest defense against the top threats to long-term health, the **4 Horsemen**.

The 4 Horsemen

- Metabolic Disease
- Heart Disease
- Dementia
- Cancer