



New Member Welcome Packet

The Way Healthcare *Should Have Always Been*

Employer Funded Group Health Plans

A plan designed to *work*
for you, not against you



Learn More [➤](#)



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A Letter From Our Founder

Welcome Home - *Your Medical Home*

We're excited to welcome you and your team to First Primary Care (FPC) as part of your new health plan. At FPC, we believe healthcare should be more than just appointments and prescriptions—it's about building a real relationship, where we understand your needs and goals. We're here to be your medical home, a place where you feel supported and truly cared for.

One of the benefits we're proud to offer is that most of our services come at no extra cost to you. Because we operate outside of the traditional insurance network, we can focus entirely on your health—no copays, no deductibles, and no surprise fees. It's healthcare the way it should be: affordable and built around you.

We hope the welcome packet gives you a clear idea of how we work, the perks you'll enjoy, and how to make the most of your new health plan. We're thrilled to support you on your health journey and can't wait to help you feel your best.

Welcome again to the FPC family! We're here for you, and we're happy to have you with us.



Warm regards,

Geetinder Goyal, MD

Founder & CEO

First Primary Care



The Doctor-Patient Relationship, Reimagined for You

What Exactly Is Direct Primary Care (DPC)?

Direct Primary Care cuts out the middleman—insurance—so you can connect directly with your doctor. This means more personal, hands-on care, longer appointments, and quick access to your doctor, all without surprise costs. DPC is designed to make healthcare simpler and better for you and your family—more accessible, affordable, and effective.



Personalized Care

You get more time with your doctor during each visit, and we're here when you need us—whether it's same-day or next-day appointments, or even 24/7 access for urgent concerns. Your care is tailored to you, with the attention and support you deserve.



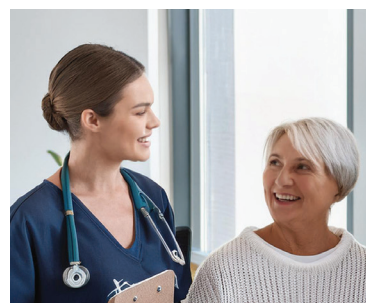
Hands-On Care Coordination

Our team works behind the scenes to make sure every step of your healthcare journey is smooth. From scheduling specialist appointments to handling referrals and follow-ups, we're fighting for you so you can focus on your health.



Affordable and Simple

You pay a flat monthly fee that covers most of your care—no surprise bills, no copays, and no deductibles. It's predictable, transparent pricing that makes it easy to budget for your healthcare, without the stress of unexpected medical costs.



Save Time And Money Without Compromising Care

Meet Your New Health Plan With First Primary Care



Concierge Primary Care

No Hidden Costs

You get direct access to your doctor without worrying about hidden costs or fees.

Personalized Care

Enjoy medication delivery, virtual and in-person visits, and hands-on care coordination, all designed to save you time.

Access to Your Doctor, Anytime, Anywhere

Your doctor is always just a call away, even after hours in case of emergencies.

Stress-Free Healthcare

No dealing with the traditional insurance hassles; we focus on your health, so you can focus on life.



Pharmacy Benefit & Free Home Delivery

Your Medications on the House

Hundreds of generic medications delivered straight to your door at no extra cost.

Why Drive? We'll Bring It Right to You

Enjoy free delivery right to your door, so you can skip the pharmacy lines and have your medications on hand when you need them.

Refills with a Click

Quick and easy 90-day supply refills, ensuring you never wait or run out.



Unlimited Potential Savings

No Profit from Your Pain

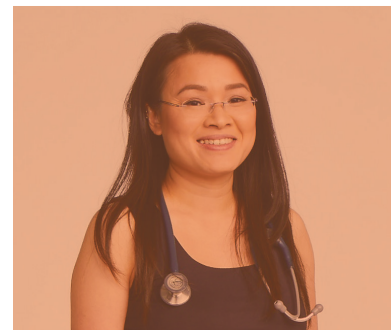
We're not incentivized to keep you sick like the traditional health network, so our pricing reflects real care, not profit.

Teamwork Makes the Dream Work

Already seeing a specialist? We can collaborate with your provider to lower future visit costs.

Proactive Care and Fewer Bills

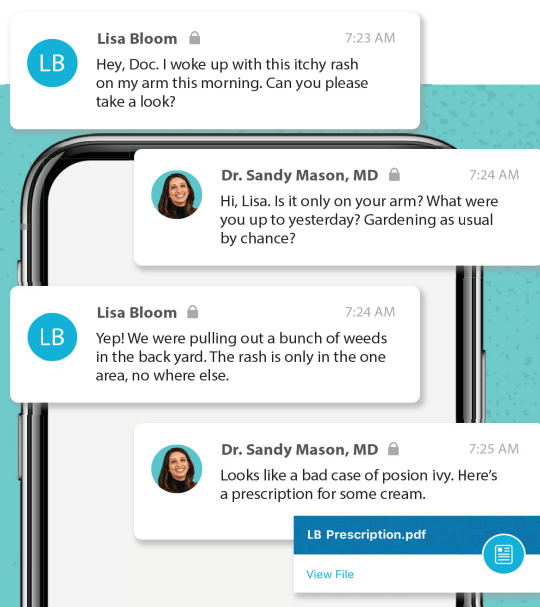
With us coordinating your care, you can avoid unnecessary expenses while receiving preventative and proactive care to help you stay feeling great.



Your Doctor, Always Within Reach

Access To Better Health Is At Your Fingertips

At First Primary Care, we make reaching your doctor as easy as clicking a button—literally. With the Spruce app, you can call, text, or video chat with your doctor anytime, anywhere. In-person or over the phone, we're here when you need us.



How To Get Started

1
Complete Your Intake Questionnaire

2
Use Your Custom Link To Download Spruce

3
Schedule Your Intro Call With Your Care Team



Whether it's a quick question, a follow-up, or something more serious, your care is always at your fingertips. No more waiting rooms or phone tag—just quick, personal access to your doctor, right from your phone.

We're Not Your Average Primary Care

Why Settle For Average? We're Different By Design

You may have heard the term “primary care” and thought of long waits, rushed appointments, and impersonal interactions. At First Primary Care, we believe in a different approach—one where the “direct” in Direct Primary Care makes all the difference. Our model prioritizes real relationships and proactive support, transforming your healthcare experience into one that is personal, efficient, and truly focused on you.

With a dedicated care team that's with you every step of the way, we're not just here to treat ailments; we're here to foster a lasting relationship that empowers you to take control of your health. Say goodbye to the frustrations of traditional care and hello to a better way of being cared for.

 **Real Doctor-Patient Relationships**

Enjoy personalized attention from your doctor, fostering trust and open communication.

 **Patient-Centered Approach**

Your needs and preferences are at the heart of every decision we make.

 **Quick Access**

Skip the long wait times and get timely appointments that fit your schedule.

 **Dedicated Care Team**

A team that actively supports you throughout your healthcare journey.

This Isn't Our First Rodeo

The Proof Is In The Savings

We're dedicated to saving you money on healthcare because we believe you deserve great care without the stress of high costs. That's why we include so many services with **\$0 out-of-pocket costs**. Your dedicated doctor can help coordinate all of the following through First Primary Care:



**\$0 Doctor
Visits**

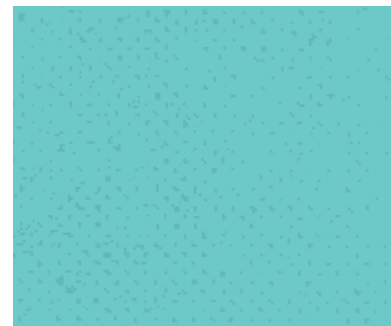
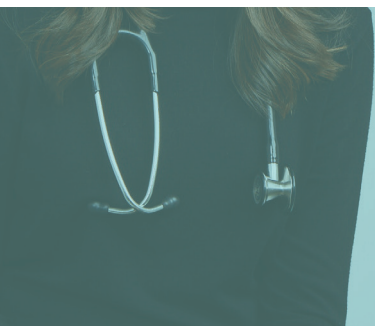


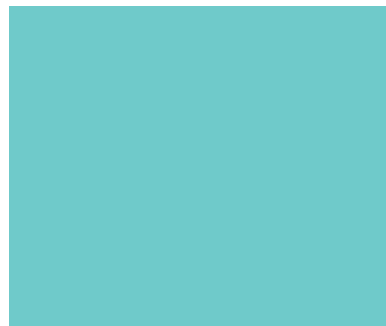
**\$0 Generic
Meds**



**\$0 Health
Labs**

Even if you need care beyond First Primary Care, we're here to coordinate every step, ensuring you don't get overcharged or waste time waiting for an appointment. **The most important thing is to keep us in the loop!** We're here to help, but we need to know what's going on. Don't hesitate to reach out anytime and make the most of your care. We're just a call or message away!





Healthcare, Finally Done Right

Your Support Team Is Right Here

Membership Questions

Your dedicated membership advisor can help answer any questions about your group's benefit and the enrollment process.

 (281) 801-4388

 Beatriz@FirstPrimaryCare.com


Have questions? Scan the QR code below for answers to our most common FAQs.



FirstPrimaryCare.com/Confirmation

Navigating care? Consider us your GPS!

Whether you need to schedule a specialist, help fighting an external bill, or navigate next steps, we're here for you!

 (832) 737-8622

 Care@FirstPrimaryCare.com

