How to Get Started with First Primary Care

First, scan the code to watch our onboarding video. Then follow these easy steps!

ONE. Complete Your Intake Questionnaire
Check your email for the getting started instructions (may be in junk folder).

TWO. Install Our App
Just follow the online instructions after finishing your health intake questionnaire to install and get setup with the app. **Do NOT download from the app store.**

THREE. Schedule a 15-Minute Call with Your Care Team
Congrats, you're all set! We look forward to serving you.

Scan and Watch the Video!

Direct message

Attach image

Direct call

Direct video chat

2:07
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Tehemeena Dhukka, FNP-C
Hey! How are you feeling today? Any better?

Send a message...

Send

FIRST PRIMARY CARE