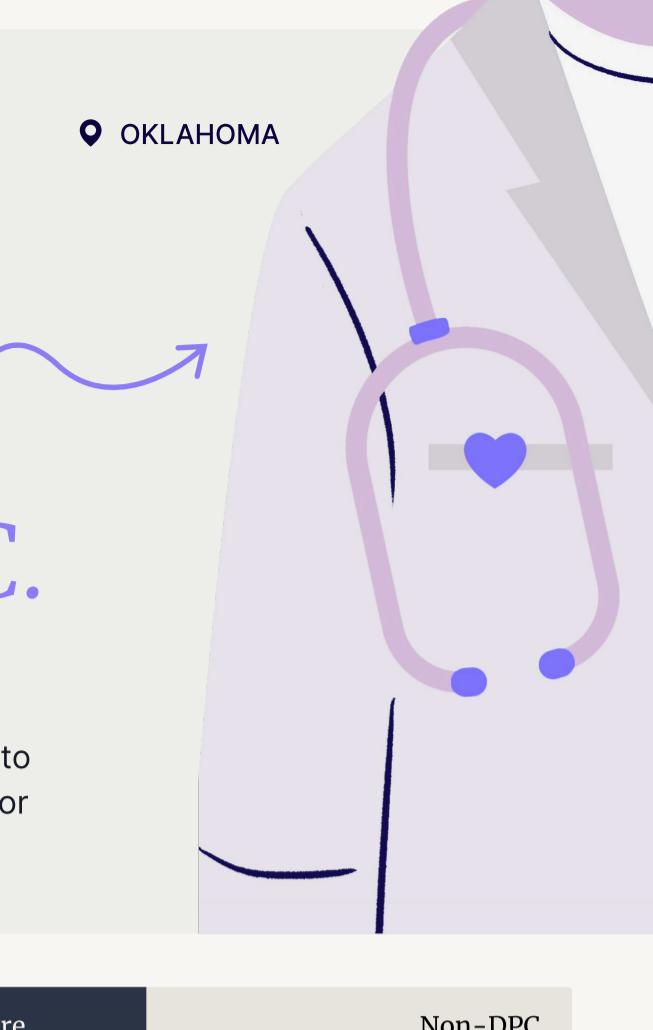


Rethinking primary care: Why more people are moving to DPC.

Direct Primary Care is healthcare the way it should be: **simple, personal, and accessible**. Your Mending plan includes a free DPC membership, giving you direct access to a local primary care provider without copays, deductibles, or surprise bills.



What is Direct Primary Care (DPC)?

Direct Primary Care removes the barriers between you and your doctor. Instead of dealing with insurance paperwork or per-visit costs, you get **free and unlimited access** to your DPC provider — fully covered through your Mending plan.

Direct Primary Care	Non-DPC
\$0	COST PER VISIT
45 mins	TIME SPENT WITH YOUR DOCTOR
1 day	WAIT TIME UNTIL APPOINTMENT
500	PATIENTS PER DOCTOR
✓	IN-PERSON OFFICE VISITS
✓	TEXT OR CALL YOUR DOCTOR DIRECTLY

Join a DPC

More PCPs in your community are now practicing the DPC model!

"I love that I can care for several generations of the same family from newborn to great grandparents, learning about their unique health needs and family dynamics."



Dr. Amanda Wright
Harmony Health
Norman, OK

How It Works?

1. Activate

Look for your welcome email from Mending with instructions to set up your account, or navigate to mending.com/network to find a DPC provider near you.



2. Connect

Choose your DPC provider, schedule your first visit and complete a quick membership onboarding form so the practice can officially welcome you as a member.



3. Use it anytime

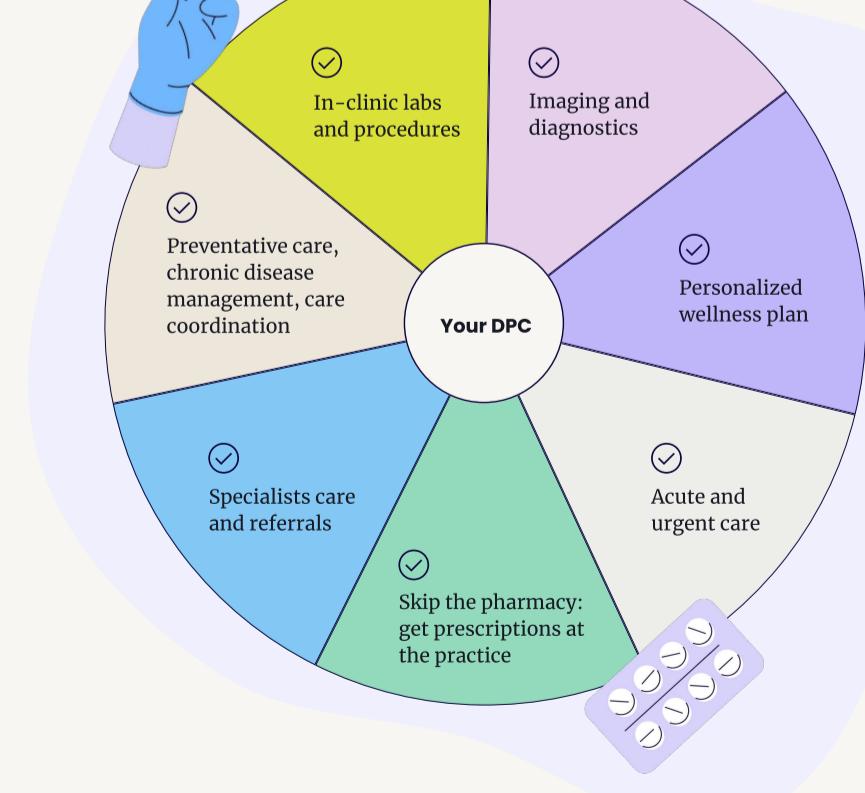
Message your doctor, schedule same-day appointments, and stay proactive about your health.



Your DPC is the Center of Your Health

With Direct Primary Care, you're not just getting access to a doctor — you're gaining a dedicated partner who sees the full picture of your health. Your DPC provider is your first call and your long-term guide, making sure every part of your care works together.

Think of your DPC as your healthcare quarterback — guiding every step of your journey, ensuring you get the right care at the right time.



Get Started Today

Ready to switch to better care? Activate your free DPC membership today.

Learn more at mending.com/direct-primary-care.

Questions? Call our member care team at (877) 522-5151 or email us at support@mending.com.