



## Welcome to Primary Digital Health (PDH) – Your fast easy source for telehealth services.

Your PDH membership gives you access to:

- Virtual primary care
- Smart urgent care
- Joint and muscle care
- Mental health support

Use the QR codes below to install the Apple or Android app on your phone. Then follow the prompts to set up your profile and access PDH services to supplement other care that you already receive.



## Here's to healthy made easy!

Have questions about your account?

Contact PDH anytime at [info@primarydigitalhealth.com](mailto:info@primarydigitalhealth.com)