



**Dr. Paul Thomas**  
Family Medicine, Founder  
[Plum Health DPC](#)

Dr. Paul Thomas is a board-certified family medicine physician practicing in Corktown Detroit. His practice is Plum Health DPC, a Direct Primary Care service that is the first of its kind in Detroit and Wayne County. His mission is to deliver affordable, accessible health care services in Detroit and beyond.

Since founding Plum Health in 2016, he's become a national voice for DPC, inspiring countless physicians to take control of their practice and put patients first. He has been featured on PBS, WDIV-TV Channel 4, WXYZ Channel 7, Crain's Detroit Business, and CBS Radio. He has been a speaker at TEDxDetroit. He is a graduate of Wayne State University School of Medicine and now a Clinical Assistant Professor. Finally, he is an author of three books, including *Direct Primary Care: The Cure for Our Broken Healthcare System* and *Startup DPC: How to Start and Grow Your Direct Primary Care Practice*.