

Kootenai Member Health & Wellness Clinic

CLINIC NEWSLETTER

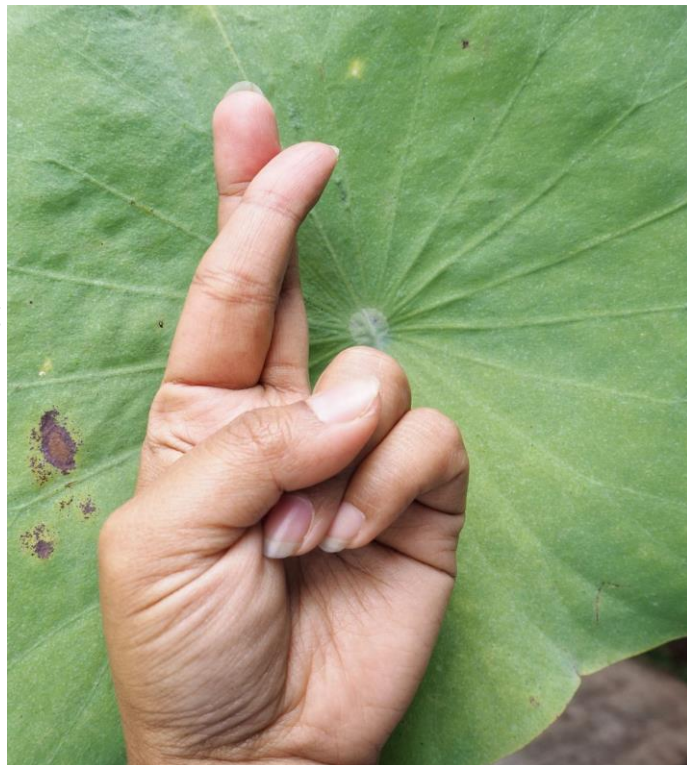
MARCH 2025 | LET'S TALK: PREVENTATIVE CARE

ARE YOU FEELING LUCKY?

We all know someone who seems to never get sick— often, we call them “lucky” and move on without wondering how they do it!

Good health requires more than crossed fingers and four-leaf clovers. It's the result of consistent effort, smart choices, and a proactive mindset. Relying on chance to stay healthy leads to issues that could have been avoided with proper care.

While genetics and unforeseen circumstances do influence health, taking control of your daily habits significantly improves the odds of a long and active life. **That's why PMR advocates for your health – we believe your quality of life is too important to leave to chance.**



IT TAKES A LOT MORE THAN LUCK!

Staying in good health is much easier when you're being **proactive** about your well-being.

- ✓ Get an annual physical
- ✓ Attend routine checkups
- ✓ Utilize preventative screenings as recommended
- ✓ Eat a balanced diet with lots of whole foods
- ✓ Exercise: seek out movement in your daily routine
- ✓ Prioritize both sleep and active recovery
- ✓ Seek support for stress management as needed
- ✓ Form healthy habits



WANT TO CASH IN ON YOUR HEALTH?

Your PMR Clinic is giving you **THREE** chances to win **prize \$\$\$** by scheduling your physical early!

To enter one of the drawings, simply schedule and complete your annual physical at the clinic. You will automatically be entered into the correct drawing based on your appointment date- **it's that easy!**

**Initial appointment must be completed in person. Follow-up visit must be completed within 30 days of first appointment to receive prize. No same-day or walk-in appointments will be accepted for physicals. All appointments are scheduled on a first come, first serve basis.*

Prize	First Appointment for Physical Completed:	Drawing Date for Prize
\$200	Jan 1 – June 30	Aug 1
\$100	July 1 – Sept 30	Nov 1
\$100	Oct 1 – Nov 30	Jan 1

DON'T LEAVE YOUR HEALTH UP TO LUCK: CALL US TODAY!

PMR thinks an annual physical is one of the most important things you can do to protect and improve your health! PMR's comprehensive annual physical helps detect potential health issues early, provides preventative care through screenings and vaccinations, and tracks your health trends over time. It is an opportunity to strengthen the doctor-patient relationship, allows for mental health check-ins, and ensures medications are up to date and working effectively for you. A PMR physical ensures you get personalized lifestyle advice, maintain comprehensive medical records, and ensures you achieve your healthcare goals. Overall, it's a proactive way to maintain and improve overall well-being.

Here's how you can schedule your physical:

1. Call 208-686-3371
2. Email pmrkootenaicounty@pmrhealthcare.com
3. Schedule Online:
 - Go to www.pmrkootenaicounty.com
 - Enter your company code: KCmedical24!
 - A new tab will welcome you to the PMR Healthcare Patient Portal
 - First time users should select "Create an Account"
 - If you already have an account, you can schedule an appointment that is convenient for you.

For same-day sick visits, please call 208-686-3371. We make every effort to ensure you are seen as soon as possible!

CLINIC HOURS

MON 8:00 a.m. – 5:00 p.m.
TUE 8:00 a.m. – 5:00 p.m.
WED 8:00 a.m. – 5:00 p.m.
THU 8:00 a.m. – 5:00 p.m.
FRI 8:00 a.m. – 5:00 p.m.

Need an appointment? Have questions?

Call 208-686-3371

Email pmrkootenaicounty@pmrhealthcare.com

Go online to www.pmrkootenaicounty.com
Use Code: KCmedical24!

Visit 920 W Ironwood Dr, Ste 206, Coeur d'Alene ID

