

The Clinic will
be closed on
Friday, July 4th

Kootenai Member Health & Wellness Clinic

CLINIC NEWSLETTER

JULY 2025 | LET'S TALK: YOUR PMR CLINIC

THE CLINIC vs URGENT CARE

Unlike urgent care, the Kootenai Member Health & Wellness Clinic is **FREE** for eligible health plan members to use!

More importantly, the clinic focuses on primary care and preventative care. Instead of treating your sore throat and sending you on your way, the PMR medical team supports your health to help avoid the sore throat be begin with. And when you do get sick, they make sure there's no underlying health issue causing those symptoms.

Make an appointment to visit us today--- you have **FREE** unlimited access to wellness, ongoing care, preventative care, primary care, physicals, sick visits, select medications, and lab testing.



WHO CAN SEE MY PATIENT RECORDS?

This is a valid and very important question! PMR follows all HIPAA rules and regulations to safeguard your person information. We will not share your records without your consent - not even with your employer!

If you have any questions at all, please reach out. **We want to make sure you are confident and comfortable in the knowledge that PMR has been safeguarding our patients' personal information for over 20 years.**



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



THREE CHANCES TO ENTER!

1. Any scheduled clinic visit for those under 21 by 7/31/25.
2. Any scheduled physical for ages 12-21 completed by 7/31/25.
3. Complete official coloring page and return by 7/31/25.

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

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

KIDS: YOU COULD WIN BIG!

If your kiddo requires a physical to participate in school and/or extracurricular activities in the 2025-2026 school year, schedule a free visit at your PMR clinic!

Win 4 tickets to Silverwood!

Raffle open to eligible health plan dependents under 21 years old. Call the clinic to make an appointment or with any questions. Stop by to pick up the official coloring page or download from the clinic website and return in person or via email.

Three (3) total entries per person. Tickets must be used by September 1, 2025. Drawing August 1, 2025.

