

# Kootenai Member Health & Wellness Clinic

## CLINIC NEWSLETTER

AUGUST 2025 | LET'S TALK: KIDS & THE CLINIC

### READY TO GO BACK TO SCHOOL?

Start the school year strong with a quick checkup at your PMR Clinic! Our team will make sure your child is healthy, safe, and set up for success!

**Vision & Hearing Screenings:** Undetected issues can affect learning, focus, and behavior in the classroom.

**Chronic Condition Management:** If your child has asthma, ADHD, or other ongoing issues, the clinic can update action plans and medications.

**Mental Health Check-In:** Transitioning to a new grade or school can be stressful – we can check for anxiety, sleep problems, or behavioral issues.

**Nutrition & Growth Check:** Routine visits help track healthy development and identify early signs of under- or overweight concerns.

**Medication Refills & Forms:** If your child takes medication during school hours, updated paperwork and prescriptions are usually needed.



### TOP THINGS KIDS LOVE ABOUT SCHOOL



Friends

Recess

Book Fair

PE

Field Trips

Library

Favorite Teacher

Art

Music

Lunch



Learning Cool Stuff



# IT'S NOT TOO LATE TO CASH IN ON YOUR HEALTH!

Your PMR Clinic is giving you **TWO REMAINING** 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
\$100	July 1 – Sept 30	Nov 1
\$100	Oct 1 – Nov 30	Jan 1



## FREE SCHOOL & SPORTS PHYSICALS

If your child requires a physical to participate in school and/or extracurricular activities this summer OR in the 2025-2026 school year, schedule a visit for them at your PMR clinic! We will complete school/sports physicals for free to set you up for a fun, healthy season!

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](mailto:pmrkootenaicounty@pmrhealthcare.com)

Go online to [www.pmrkootenaicounty.com](http://www.pmrkootenaicounty.com)

Use Code: KCmedical24!

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

## 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.