



# Kootenai Member Health & Wellness Clinic



## CLINIC NEWSLETTER

OCT 2025 | LET'S TALK: BLOOD DRAWS

### DON'T BE SPOOKED- MAKE YOUR BLOOD DRAWS A TREAT!

**Drink Up (Water, Not Potion!)** – Staying well-hydrated makes your veins easier to find—no magic wand required.

**Have a Snack (If Allowed)** – Unless you've been told to fast (avoid food for a set time before your blood is drawn), a light meal can keep you from feeling woozy—no ghostly fainting!

**Wear Easy-Access Sleeves** – Short sleeves or loose cuffs keep your visit quick and comfy.

**Breathe Like a Ghost—Slow and Gentle** – Deep breaths help chase away those spooky nerves.

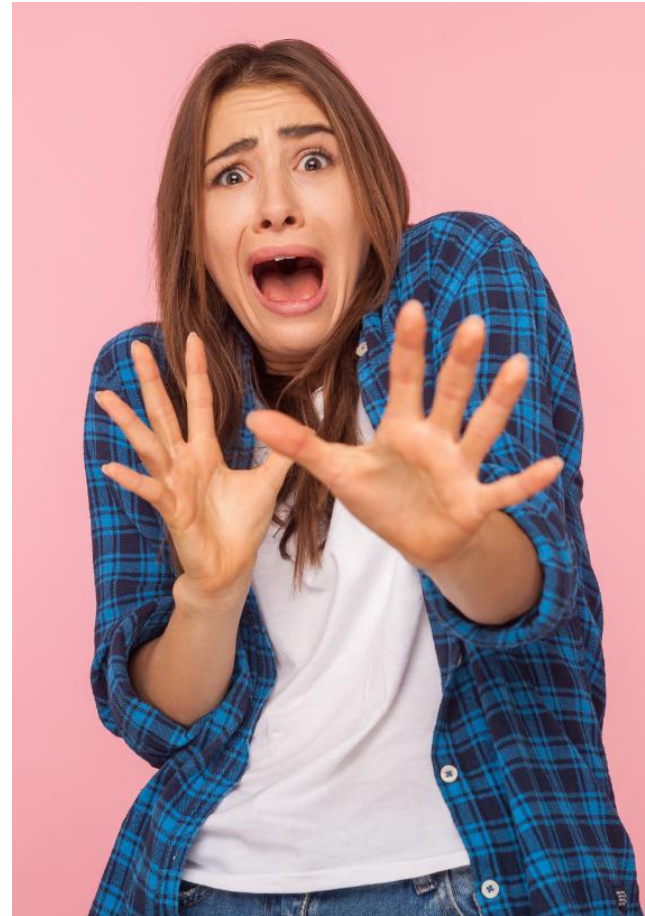
**Look Away from the Needle** – Focus on something fun—like the candy bowl waiting for you afterward.

**Bring a Boo-tiful Distraction** – A favorite song or funny story can make the time fly by.

**Speak Up if You're Nervous** – Our friendly staff can help make sure there are no frights during your visit.

**Keep Your Arms Warm** – Cozy sweaters or a quick warm rinse help your veins pop up like jack-o'-lantern smiles.

**A little preparation can turn a scary thought into a stress-free experience—no tricks, just treats for your health!**



### WHY DO YOU NEED A BLOOD DRAW?

Blood draws might seem a little scary, but they're one of the most important tools for keeping you healthy. A quick blood test can reveal a lot about what's going on inside your body, like how well your organs are working, if you're low on vitamins, or if you're at risk for certain conditions. The process is fast, safe, and usually just a tiny pinch—nothing to be afraid of! So don't let fear haunt you—getting your blood drawn is a brave step toward staying healthy and strong.



# IT'S NOT TOO LATE!

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
<b>\$100</b>	July 1 – Sept 30	Nov 1
<b>\$100</b>	Oct 1 – Nov 30	Jan 1



**Give your co-workers the ultimate treat this Halloween— make sure they know that all health plan members (employees AND family members) are welcome in your PMR Clinic!**

## What's the difference between same-day and walk-in appointments?

For a same-day appointment, you call ahead and schedule a visit for a specific time slot that same day. For a walk-in appointment, you go to the clinic without calling and are seen based on staff availability, often after hours of waiting. Your PMR Clinic offers same-day appointments to ensure everyone's needs are met in a timely manner.

## 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.