

Kootenai Member Health & Wellness Clinic



CLINIC NEWSLETTER

DEC 2025 | LET'S TALK: YOUR PMR CLINIC

WE'VE GOT YOUR BACK

Healthcare shouldn't be stressful. Every patient should be listened to, respected, and guided along their personal journey. **That's why PMR advocates on your behalf!**

An *advocate* is someone who speaks or writes in support or defense of a person. Your PMR medical team supports you and your family by:

- ✓ Spending time listening to all of your goals and concerns
- ✓ Answering as many questions as you have
- ✓ Coordinating with your specialists to set appointments, explain their results,
- ✓ Supporting you through stressful times
- ✓ Customizing a care plan that works for YOUR body— everyone is unique!



TOP 5 NEW YEAR'S RESOLUTIONS



Exercise more



Eat healthier



Save more money



Lose weight



Spend more time with family and friends



PERKS OF A PRIVATE MEDICAL CLINIC

At Your PMR Clinic, most medications are available for *free or at greatly reduced costs*. Our medication list is continuously updated as we strive to provide every medication you might need for zero cost to you! If you need a medication that we don't have, the doctor can write a prescription.

Your PMR Clinic can also do most lab work onsite – *for free!* Instead of paying high prices, you will have the ability to conveniently get your lab work done when needed. PMR updates its lab lists on an ongoing basis to make sure that the labs you need are available!



Primary care at Your PMR Clinic extends beyond the flu or pain relief. We dig down into your medical history and lifestyle to determine the root cause of your problems. Then we work with you to solve that root cause and all the secondary issues.

We will be CLOSED on December 25th and January 1st



SPECIAL DECEMBER HOURS

We have added **earlier hours** to some dates in December:

Dec 18	7:00am – 4:00pm
Dec 26	7:00am – 4:00pm
Dec 30	7:00am – 4:00pm
Dec 31	7:00am – 4:00pm

**closed 11-12 these days*

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.
<i>*closed daily 12-1</i>	

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