

NEWSLETTER

APRIL 2026



Your PMR Clinic Membership

Kootenai Member
Health & Wellness Clinic

Powered By **PMR**
HEALTHCARE
SINCE 2005

Let's Schedule Your Next Appointment!

PMR Clinic Members can schedule 4 ways!

Go Online (Or Use The App)

Enter your clinic's website using the access code KCmedical24!, then login to your patient portal to schedule an appointment or send secure messages to your care team!

A PMR team member will respond to you by the next business day.

Give Us A Call

You can call the clinic at **208-686-3371** and we'll help you schedule an appointment!

If we miss you while helping another patient, please leave a voicemail & we'll call you back. Voicemails left after hours are answered the next business day.

Send Us An Email

pmrkootenaicounty@pmrhealthcare.com

Emails sent to your clinic can be seen by your whole PMR medical team. We'll respond to you by the next business day.

If your email is care related, the response may come through your patient portal for security.

Stop By The Clinic

Stop by the clinic – your friendly medical team is always happy to help you:

- Schedule your appointments
- Set up your Patient Portal and show you how to access your information
- Sign up to receive clinic emails, texts, and other important information.



Exclusive, Unlimited Benefits

Your PMR Clinic Membership offers a smarter, more personalized approach to primary care—designed around *you*! Members enjoy unlimited visits for advanced scope primary care that goes beyond quick fixes to focus on true root-cause medicine. No age limits mean comprehensive care in every stage of life, all under one membership.

The biggest benefit? *Easy access!* Skip the long waits and scheduling headaches—appointments are readily available when you need them. Even more valuable, you'll have a dedicated care team that knows your history, understands your goals, and partners with you for better long-term health outcomes. It's care that's not only more accessible, but more connected, proactive, and effective.



January Raffle Winner:
Taylor

Special Hours

Please take note of the changes for the following days:

4/6 – 4/7	7:00am – 4:00pm (closed 11-12)
4/8	8:00am – 5:00apm (closed 12-1)
4/9 – 4/10	7:00am – 4:00pm (closed 11-12)

Give us a call to schedule an early morning appointment!

New patients will be automatically entered into a *MONTHLY* drawing for a **\$25 Amazon gift card!** Make an appointment & begin using your PMR Clinic membership today!

All patients who get an annual wellness physical in 2026 have the chance to win **up to \$150!** See our website for more details, + call to schedule your appointment today!