

NEWSLETTER

MAY 2026

Kootenai Member
Health & Wellness Clinic

Powered
By **PMR**
HEALTHCARE
SINCE 2005

Labs At Your PMR Clinic

01 Detect Disease Early

Lab tests are the quickest way to catch conditions like diabetes, thyroid disorders, high cholesterol, & even certain cancers in early stages when they are easier to treat.

02 Guide Lifestyle Change

Your lab results can help tailor nutrition, exercise, and weight management plans based on what your body actually needs rather than guessing.

03 Gain Health Insights

Routine labs can reveal things like vitamin deficiencies, hormone imbalances, inflammation, or anemia – issues that may cause fatigue, weight issues, and other symptoms.

04 Ensure Medication Safety & Effectiveness

Some medications affect your body (like your liver or kidneys). Routine lab work helps ensure your medications are working safely and at the right dose.

05 Monitor Conditions

If you already have a medical condition, like hypertension or diabetes, regular lab work helps track how well it is being controlled and whether your health plan needs adjustment.



Membership Benefit: **Free Lab Testing**

Did you know? Your PMR Clinic Membership includes a lab/diagnostic testing program--- and **tests on the current formulary are FREE to you!** There are hundreds of options, which you can find on the clinic's website.

If you have a specialist or outside doctor (any provider who isn't associated with PMR) who asks you to complete lab work; you can call or email your PMR Clinic to schedule a lab draw appointment. Just like with labs ordered by PMR, tests on the current formulary are FREE to you! We have the results sent to the ordering provider for your convenience.

If a lab test you need is not listed on the current clinic formulary, you can still benefit from the convenience of having your blood drawn! The cost of that test goes through your insurance.

EXCITING NEWS!!

You asked, we delivered. Beginning May 11th, the clinic's new hours will be

Monday - Friday:

7 AM–11 AM & 12 PM - 4 PM

It Pays To Be Healthy: Check Out These Prize-Winning Opportunities!



New patients are automatically entered into a **MONTHLY** drawing for a **\$25 Amazon gift card!**

February Raffle Winner:
Brett

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!