

NEWSLETTER

June 2026

Kootenai Member
Health & Wellness Clinic

Powered By **PMR**
HEALTHCARE
SINCE 2005

Prescriptions At Your PMR Clinic

01

Don't Forget Your Physical

Want to be eligible to receive free prescriptions? Make sure you complete a physical once a year! Please Note- antibiotics do not require a physical, only ongoing prescriptions.

Supporting safe, consistent patient care while saving you \$\$!



02

Medication Refills

Running low? Give your PMR clinic 1–3 days advance notice by calling, emailing, or using your patient portal. This helps us ensure prescriptions are ready on time with minimal delays!

Stay on track with your medications.

Free Prescriptions At Your PMR Clinic

Did you know? Your PMR Clinic Membership includes access to hundreds of free prescription medications! Your clinic has an onsite dispensary that we can provide you with medications from as needed. Start saving money today!

Definitions: Pharmacy vs Dispensary

Pharmacies make, bottle, and then dispense medications. They have fewer restrictions.

Dispensaries provide medications that are in stock– they do not make or bottle any medications.

PMR Healthcare is a regulated dispensary, providing medications directly through the clinic.

03

Outside Prescription Benefit

Outside prescriptions may be re-prescribed at PMR Healthcare after a physical, allowing eligible medications to be provided at no cost.

Make an appointment today to start saving money right away!

Reminder: New Clinic Hours!

Please note that we updated our clinic hours for your convenience in May. For the most up-to-date information, please check your clinic website or give us a call.

Monday - Friday: 7 AM–11 AM & 12 PM - 4 PM