

NEWSLETTER

October 2026

Kootenai Member
Health & Wellness Clinic

Powered By **PMR**
HEALTHCARE
SINCE 2005

Feel Confident In Your Health Data's Protection

01

Your Employer Pays. PMR Manages Your Care.

Your employer may pay for your PMR Clinic Membership, but your employer does ***not*** operate the clinic ***or*** manage your healthcare. Your healthcare is provided directly by PMR Healthcare, and your employer has no access to PMR's medical record system.

02

HIPAA Protects Your Personal Health Information

Your personal health records are private and protected under **HIPAA**. Your personal medical information is kept secured by PMR Healthcare. We legally cannot share protected information with your employer simply because they pay for your PMR clinic membership.

03

Your Employer Doesn't See Your Personal Health Record

Your health information stays with your healthcare team. Your employer's payment does not give them access to your personal medical records or provider conversations



Your PMR Clinic Will Never Give Away Your PHI

Privacy Gives You Room to Be Honest

Healthcare works best when you can speak openly about what you're experiencing. Whether you're discussing a new concern, asking about a medication, or talking through your health goals, you should feel comfortable knowing you can have those conversations with your care team. Your PMR clinic is a place for you to focus on your health, ask questions, and get care that fits your needs—without worrying about who else is listening.

Did You Know?

You can ask questions about your health information at any time. Understanding your privacy & security can make it easier to feel comfortable, speak openly, and take an active role in your care.

Understanding HIPAA, your personal health information, and data privacy is important—that's why we're giving you the tools you need to stay informed.

Congratulations!

Raffle Winners!



Arlene Simac



Michelle Fansler



Marvin Griffin

Recent lucky winners who are taking care of their health!
Thank you to everyone who entered and participated in our PMR raffle.
As a reminder, there are more chances to win this year!

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!

New patients

are automatically entered into a *MONTHLY* drawing for a **\$25 Amazon gift card!**
Send your family today!



Nurse Practitioner Megan Netting will be in clinic on 10/1 PM, 10/2 & 10/5 all day, 10/14 AM, and 10/27 from 7am–11am. Call today to schedule your appointment!

WALK IN VS SAME-DAY APPOINTMENTS

Urgent care centers and hospital ER's provide 'walk in' visits, where you end up sitting in the waiting room for hours hoping to be slipped onto the schedule.

PMR knows that the last thing a sick person wants to do is sit in a waiting room— that's why **we offer same day appointments instead of walk ins!** Please call to find out what time you should come to the clinic— in the meantime, we hope you can stay comfortable in bed.



WHO CAN SEE YOUR HEALTH INFORMATION?

UNDERSTANDING HIPAA



Your privacy. Your rights. Your information.



WHAT IS HIPAA?

HIPAA (Health Insurance Portability and Accountability Act) is a federal law that helps protect your personal health information and keeps it private.



WHAT DOES HIPAA PROTECT?



Medical Records



Test Results



Prescriptions



Health Insurance Information



Conversations About Your Care



WHO CAN ACCESS IT?

Your health information can be accessed by:

- ✓ Healthcare Providers
- ✓ Health Plans (Insurance Companies)
- ✓ Other Authorized Parties



They can only access your information when it is legally permitted or necessary for your care.



BE CAREFUL ONLINE!

Never share medical records, insurance information, or other private health details on social media or public websites.

Think before you post.
Your privacy matters!

YOU HAVE RIGHTS UNDER HIPAA



Get a copy of your health records



Request corrections to your records



Request limits on how your information is used or shared



Get a list of who has accessed your information



File a complaint if you believe your privacy rights were violated



REMEMBER:

Your health information is personal.
Know your rights and protect your privacy.

