

CLINIC NEWSLETTER

FEBRUARY 2025 | LET'S TALK: PHYSICALS

IT PAYS TO BE HEALTHY!

Your PMR Clinic is giving you **THREE** chances to win **prize \$\$\$** by scheduling your physical early!

To enter one of the drawings, simply schedule and complete your annual physical at the clinic. You will automatically be entered into the correct drawing based on your appointment date- **it's that easy!**

Prize	First Appointment for Physical Completed:	Drawing Date for Prize
\$200	Jan 1 – April 30	June 1
\$100	May 1 – July 31	Sept 1
\$100	Aug 1 – Nov 30	Jan 1

**Initial appointment must be completed in person. Follow-up visit must be completed within 30 days of first appointment to receive prize. No same-day or walk-in appointments will be accepted for physicals. Appointments are scheduled on a first come, first serve basis.*



HOW SHOULD I PREPARE FOR MY PHYSICAL EXAM?

- ✓ Arrive on time. You may receive 2 appointment reminders for this visit. Please come at the **earlier** time listed.
- ✓ Be very well-hydrated to improve your blood draw experience and to prepare for your urinalysis.
- ✓ Bring a sweet/electrolyte heavy drink for after your labs are completed if you desire.
- ✓ Bring your license, insurance card, and a list of current medications (or the bottles) with you to the appointment. If preferred, wear a sports bra or a loose tank top with no underwire to cover your chest during your ECG.





IS YOUR HEART HEALTHY?

Everyday, cardiovascular disease affects a shocking number of people. Things that often lead to a cardiovascular disease include:

- Diabetes
- Blood pressure
- Cholesterol
- Family history
- Obesity
- Poor diet
- Lack of exercise
- Smoking

Cardiovascular disease accounts for **1 in 3 deaths** in the USA.

About **92 million** American adults have a cardiovascular disease.

Only **27%** of people recognize their heart attack symptoms.

Coronary heart disease is the most common cardiovascular disease.



Your PMR physical includes an EKG and labs to check your heart's health!

WHY DO PHYSICALS MATTER?

PMR thinks an annual physical is one of the most important things you can do to protect and improve your health! PMR's comprehensive annual physical helps detect potential health issues early, provides preventative care through screenings and vaccinations, and tracks your health trends over time. It is an opportunity to strengthen the doctor-patient relationship, allows for mental health check-ins, and ensures medications are up to date and working effectively for you. A PMR physical ensures you get personalized lifestyle advice, maintain comprehensive medical records, and ensures you achieve your healthcare goals. Overall, it's a proactive way to maintain and improve overall well-being.

Here's how you can schedule your physical:

1. Call 812-505-9005
2. Email pmrcountrymark@pmrhealthcare.com
3. Schedule Online:
 - Go to www.pmrcountrymark.com
 - Enter your company code: CMhealth1!
 - A new tab will welcome you to the PMR Healthcare Patient Portal
 - First time users should select "Create an Account"
 - If you already have an account, you can schedule an appointment that is convenient for you.

For same-day sick visits, please call 812-505-9005. We make every effort to ensure you are seen as soon as possible!

CLINIC HOURS

MON 7:00 a.m. – 7:00 p.m.*
TUE 7:00 a.m. – 3:00 p.m.
WED 10:00 a.m. – 7:00 p.m.
THU 7:00 a.m. – 7:00 p.m.*
FRI 8:00 a.m. – 12:00 p.m.

*M, Th: Closed 12-1 for lunch

Need an appointment? Have questions?

Call 812-505-9005

Email pmrcountrymark@pmrhealthcare.com

Go online to www.pmrcountrymark.com

Use Code: CMhealth1!

Visit 405 Southwind Plaza Dr, Mount Vernon, IN

