

The Clinic will
be closed on
Friday, July 4th

PMR
HEALTHCARE
SINCE 2005



CLINIC NEWSLETTER

JULY 2025 | LET'S TALK: YOUR PMR CLINIC

THE CLINIC vs URGENT CARE

The clinic is a lower cost option for your family!

CountryMark health plan members can access :

- **FREE** appointments for wellness, preventative care, primary care, and physicals!
- **FREE** select medications & diagnostic testing
- Sick visits are only \$20 each!

More importantly, the clinic focuses on primary care and preventative care. Instead of treating your sore throat and sending you on your way, the PMR medical team supports your health to help avoid the sore throat be begin with. And when you do get sick, they make sure there's no underlying health issue causing those symptoms.



**WE WANT TO
HEAR FROM YOU!**

*Survey
participants
could win a
gift card!*



WHO CAN SEE MY PATIENT RECORDS?

This is a valid and very important question! PMR follows all HIPAA rules and regulations to safeguard your person information. We will not share your records without your consent - not even with your employer!

If you have any questions at all, please reach out. **We want to make sure you are confident and comfortable in the knowledge that PMR has been safeguarding our patients' personal information for over 20 years.**



**HIPAA
COMPLIANT**

Early Physical Raffle Winner #1

ALYSSA SALTZMAN

Congratulations, and good luck to future participants!



IT'S NOT TOO LATE TO CASH IN ON YOUR HEALTH!

Your PMR Clinic is giving you **TWO REMAINING** 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!**

**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. All appointments are scheduled on a first come, first serve basis.*

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



THREE CHANCES TO ENTER!

1. Any scheduled clinic visit for those under 21 by 7/31/25.
2. Any scheduled physical for ages 12-21 completed by 7/31/25.
3. Complete official coloring page and return by 7/31/25.

KIDS: YOU COULD WIN BIG!

If your kiddo requires a physical to participate in school and/or extracurricular activities in the 2025-2026 school year, schedule a free visit at your PMR clinic!

Win 4 tickets to Holiday World! Raffle open to eligible health plan dependents under 21 years old. Call the clinic to make an appointment or with questions. Stop by to pick up the official coloring page or download from the clinic website and return in person or via email.

Three (3) total entries per person. Tickets must be used by September 1, 2025.

Drawing August 1, 2025.

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

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

