NEWSLETTER

November 2026

Fall Allergies & Respiratory Care at PMR

CountryMark

PMR HEALTHCARE
SINCE 2005

01

Fall Allergies & Common Symptoms

Ragweed, mold, and dust can trigger sneezing, itchy eyes, congestion, and coughing. Knowing your triggers can help you manage symptoms and feel better. *Contact your PMR clinic to discuss treatment options and find relief*

02

Protect Your Respiratory Health

Wash your hands, stay hydrated, avoid allergy triggers, and take medications as directed. If you have asthma, follow your treatment plan to help prevent flare-ups.

03

Allergies Cold or Flu?

Sneezing, itchy eyes, and a runny nose are common allergy symptoms, while colds and the flu may cause sore throat, body aches, or fever. Knowing the difference can help you find the right treatment and feel better sooner. *Contact your PMR clinic for help.*

Fall Allergies & Respiratory Health

As the weather changes, **allergies and respiratory symptoms** can become a bother. Sneezing, a runny nose, itchy eyes, congestion, and coughing are common this time of year. Allergies can sometimes feel like a cold, but symptoms such as fever, body aches, and chills may point to an illness instead.

At PMR, we can help you find the right treatment to manage your symptoms and breathe easier. If your symptoms are not improving or are affecting your daily routine, schedule a visit with our team.

Did You Know?

Fall allergens like **ragweed, mold, and dust** can trigger allergy and asthma symptoms.
If you're struggling to breathe, experiencing ongoing congestion, or not finding relief, **PMR is here to help!**

HAPPY THANKSGIVING FROM PMR HEALTHCARE!

THANKS GIVING Day!

WISHING OUR PATIENTS AND THEIR FAMILIES A HAPPY, HEALTHY THANKSGIVING FILLED WITH LOVE, GRATITUDE, AND TIME WITH LOVED ONES.

WE ARE THANKFUL TO BE PART OF YOUR HEALTHCARE JOURNEY!

We will be closed on Thanksgiving Day

Congratulations Raffle Winners

MORE CHANCES TO WIN THIS YEAR

Don't miss your opportunity to participate. Enter our PMR raffle at your next visit for your chance to be our next lucky winner

Ask our team how to enter today!

Congratulations to our recent PMR raffle winners!
Thank you to everyone who participated and continues to make their health a priority.
Stay tuned for 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!

Call PMR today to schedule your vision screening!

A vision screening is a quick check that helps your medical team spot changes in your eyesight over time, even if you haven't noticed them yourself. Like other vital signs, vision checks can help identify potential concerns early.

At PMR, we focus on prevention and catching problems before they become bigger issues.

This quick screening is different from the more detailed vision exam you may receive during your annual physical.

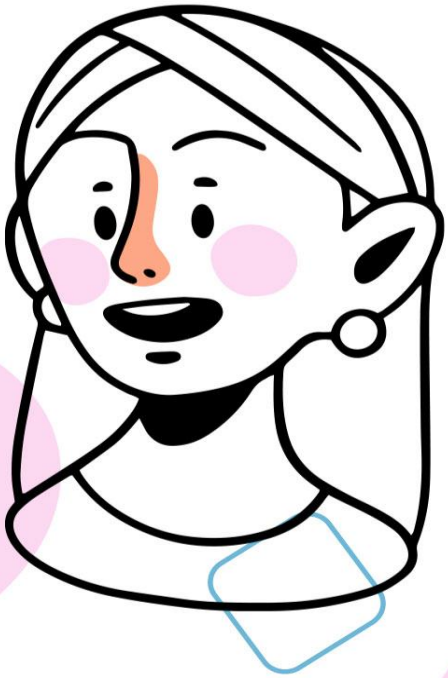
WALK IN VS SAME-DAY APPOINTMENTS

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.

hi!

WE WANT TO CONNECT WITH YOU



Feeling unwell? Ready for your annual physical? Need a medication refill or lab draw? **Your PMR Clinic is here to help!** Here's how you can contact us, and how you can expect us to respond!

CALL THE CLINIC

812-505-9005

If we miss you while helping another patient, please leave a voicemail! A PMR team member will call you back from the clinic before we close. Voicemails left after hours are answered the next business day.

GO ONLINE

WWW.PMRCOUNTRYMARK.COM

Enter your clinic's website using the access code CMhealth1! and login to your patient portal to send secure messages/requests to your care team! A PMR team member will respond to you by the next business day.

SEND AN EMAIL

PMRCOUNTRYMARK@PMRHEALTHCARE.COM

Emails sent to your clinic can be seen by your whole PMR medical team. One of them will respond to you by the next business day- if it is appointment or care related, the response will come through your patient portal for security.

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To protect your privacy, PMR team members are unable to text you or call you from personal devices.