

The PMR 1-2-3-6 Program

The PMR 1-2-3-6 Program was designed by medical professionals to help you live your healthiest, happiest life. All PMR patients participate in the PMR 1-2-3-6 Program.

The program's name refers to the maximum number of months between your appointments, though you are welcome to visit more often if needed. Adhering to this plan helps patients stay in control of their health while managing chronic issues such as diabetes, asthma, thyroid conditions, anxiety, migraines, depression, and more. Participation in the PMR 1-2-3-6 Program and completion of an annual physical ensures that you are eligible to receive medications from the clinic.

1: Visit Every Month

Patients trying a new form of treatment or new medication, or who have certain chronic diseases, visit the clinic on a monthly basis. Your PMR practitioner is able to quickly catch and treat any negative changes or complications.



2: Visit Every 2 Months

Patients with any chronic condition that is not well controlled, visit the PMR clinic on a bimonthly basis. Your PMR practitioner helps you learn more about your chronic disease as you move towards having it under control.



3: Visit Every 3 Months

Patients with controlled chronic conditions visit the PMR Clinic every three months. Your PMR practitioner ensures your condition is still stable and that any medications are still effective while checking for any small signs of change.



6: Visit Every 6 Months

Patients in good health, who are not being treated for a chronic disease, visit the PMR Clinic twice a year. Your PMR practitioner is able to establish your unique healthy baseline and catch the smallest warning signs before they turn into major problems.



PMR
HEALTHCARE

SINCE 2005

Happier, Healthier Lives Start with PMR!

Find out what program level you are on today