NEWSLETTER

FEBRUARY 2026

WEIGHT MANAGEMENT

HAGADONE MEDICAL CLINIC
Powered by PMR HEALTHCARE SINCE 2005

01 Establish Goals

Establishing goals is important! They provide clear direction and purpose, helping to focus time, energy, and resources on what truly matters. Goals create motivation by giving us something tangible to work toward, while also serving as a benchmark to measure progress and success.

PMR Clinic Members establish personal weight goals during their annual physical.

02 Find Your Baseline

Your healthy baseline is a snapshot of how your body functions in normal conditions – it's the reference point your PMR Clinic uses to track improvements and detect early warning signs! Having a healthy baseline creates clarity and realism, helps you set achievable goals, and allows you to measure progress while staying motivated.

PMR Clinic Members update their healthy baseline during their annual physical.

03 Talk To Your Doc

You know what you want to do, and you know where you're starting from…. Now its time for the first step.

"To help with weight management, we can provide personalized support for changes in diet and exercise, prescriptions for GLP-1 agonists or phentermine, hormone management, and referral for bariatric surgery if that is chosen. Boosting your overall health is the goal!" - Dr. Lorene Lindley

Explore Your PMR Membership

Your happiest, healthiest year starts at here! Health plan members (enrolled employees AND their enrolled family members) have exclusive membership at the **Hagadone Medical Clinic**.

Included for $0 with your PMR Clinic Membership:

- ✓ Unlimited patient appointments
- ✓ A dedicated medical team
- ✓ Comprehensive primary care and wellness services for patients of every age (full family is welcome!)
- ✓ Labs and diagnostic testing
- ✓ Prescription medications

Make a resolution to take full advantage of your family's membership benefits in 2026!

It Pays To Be Healthy

Have you had your first patient appointment? Has everyone in your family who is eligible visited your PMR Clinic? Now is a great time to get started!

In 2026, new patients will be entered into a MONTHLY drawing for a $25 Amazon gift card. Make an appointment & begin using your PMR Clinic membership today!