



Convenient Text Reminders and Check-In Options

We know life gets busy—that's why we now offer automatic text reminders for your appointments for most Prowers Medical Center departments. You'll also receive a convenient link to upload your driver's license, insurance card, and patient information before your visit—helping you save time and speed up check-in when you arrive.

Moving a Little Slower than Usual?

Did you fall running to third base? Or just trip over the family pet? If physical aches and pains are holding you back from living your best life, we're here to help. Our orthopedic team has many specialties including sprains and strains, fractures, joint pain, tendinitis, and more.

After a diagnosis, they may recommend surgery, or working with our physical rehabilitation team to get you back to enjoying the summer ahead.

Learn more!



Men's Health – Time to “Man Up”

June is Men's Health Month, a great reminder that taking care of your health starts with regular checkups and screenings. If you haven't scheduled your annual physical yet, now is the perfect time.

Your annual visit may include a prostate cancer screening — one of the most common (1 in 8) cancers in men. The screening typically involves a simple blood test, along with a discussion of any symptoms and your family history. When caught early, prostate cancer is often highly treatable.



Make your health a priority. We look forward to seeing you (or that important man in your life) soon! To schedule call: 719-336-6767.

Free Sports Physicals – The Schedule is Available!

July is the month we offer **FREE Sports Physicals** for student athletes. This year's dates include July 9, 16, 23, 25 and 30; 1–5 pm. Please call the Prowers Medical Clinic to schedule, 719-336-6767. Completing the CHSAA sports physical form prior to your appointment will help expedite the process.



Save the Date! Our Annual Hospital Transparency Program (HTP) Public Engagement Forum is coming up on **Thursday, August 28**, 6 - 7:30 pm, dinner provided. Venue to be announced soon.

Your Place for Complete, Compassionate Care

401 Kendall Dr, Lamar, CO • prowersmedical.com  