



Press Release
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Annual Wellness Exams Help Keep Families Healthy

Early detection through regular checkups is key to effective treatment outcomes.

PECOS, Texas (Nov. 6, 2023) – When it comes to effective treatment outcomes for many health conditions, early detection is of utmost importance. But, it’s just one of the reasons why annual wellness exams help families stay healthy and save money on medical bills.

“Taking charge of your health begins with a visit to your primary care provider,” said Mary Raheem, FNP, at the Reeves Regional Rural Health Clinic. “Many people only see a healthcare provider when they are sick, but regular visits can help prevent many conditions from progressing and reduce the need for more serious and expensive treatments.”

Although wellness exams are often associated with children going back to school, they are also an important way for adults to stay healthy. However, fewer than half of American adults, age 65 or older, and fewer than a quarter of adults, ages 50 to 64 receive the recommended level of preventative health services, according to the Centers for Disease Control and Prevention. This includes immunizations and cancer and cardiovascular screenings. That number is even lower for men.

According to Raheem, patients at the Reeves Regional Rural Health Clinic are often surprised to learn that Medicare and most private insurance plans cover annual wellness exams.

During an annual wellness exam, your healthcare provider will typically review height and weight changes; check for possible diseases that could be treated early; update necessary immunizations; and order laboratory screenings that check cholesterol, blood pressure, and blood sugar levels.

Wellness exams are also an opportunity to talk to your healthcare provider about your health and wellness goals and concerns. It is a good idea to review your family medical history so your provider can evaluate your risk of certain medical conditions and recommend health screenings.

Raheem added that wellness exams are a smart choice economically.

“Prevention is always less costly than treatment,” Raheem said. “Catching conditions early or preventing them can help you avoid costly and burdensome treatment. Wellness exams help us do that, and they can help you take charge of your health and wellness all year long.”

MORE

Reeves Regional Health

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In Reeves County, the Reeves Regional Rural Health Clinic is a convenient choice for families with busy schedules. Appointments can be scheduled for a number of services, including immunizations such as flu shots, comprehensive adolescent and adult health, Medicare screenings, women's health care, obstetrics and annual wellness exams.

For more information about local healthcare capabilities, including medical providers, please visit the Reeves Regional Health website at www.reevesregional.com, or call the Reeves Regional Rural Health Clinic at 432-447-0565.

About Reeves Regional Health

Reeves Regional Health (RRH), formally known as Reeves County Hospital District, provides healthcare services for Reeves County and neighboring West Texas communities. Founded in 1954, RRH, a Level IV Trauma Center, offers various medical services, including emergency care, diagnostic imaging, physical therapy, general surgery, a clinical laboratory, and more. RRH also operates Reeves Regional Home Health and Hospice and Reeves Regional Rural Health Clinic. In November 2022, RRH began serving patients from a new \$115 million, 140,000-square-foot campus. For more information, please visit www.reevesregional.com.

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