

Have you had a wellness visit this year?

Remember, an ounce of prevention...

Catch problems early and look forward to a healthier future!
Your doctor may spot new medical risks or serious conditions.

Gender and age specific exams can detect cancer.

An annual exam is a good time to discuss:

- Weight management
- Depression or anxiety
- Changes to medications
- Tobacco cessation
- Vaccination needs
- Family medical history

Wellness visits provide a great opportunity to develop a relationship with a primary care provider.



If you have questions or need help scheduling an appointment, contact your Care Management Team today at caremanagement@highcarehealth.com.