

## WELLNESS

### – Check-ups



Your health is your greatest asset, and taking proactive steps to maintain it is key to living a long, vibrant life. A Wellness Check-Up is a comprehensive way to assess your overall health and catch any potential issues early. Below, we've outlined the important services included in a routine check-up and why they're essential for your well-being.

### Essential Health Screenings



**Blood Pressure & Cholesterol Checks:** Regular monitoring of your blood pressure and cholesterol levels helps prevent heart disease and stroke. High blood pressure often has no symptoms but can lead to severe complications, which is why it's important to get checked regularly.

**Blood Sugar Levels:** Routine blood sugar tests help detect early signs of diabetes. Catching this condition early can prevent complications like nerve damage, kidney disease, and cardiovascular issues.

**Cancer Screenings (Breast, Prostate, Colon, Skin, etc.):** Early detection is crucial in cancer treatment. Regular screenings can help identify risks or signs of cancer before they develop into something more serious, increasing your chances of successful treatment.

### TB Testing & Immunizations

#### Tuberculosis (TB) Testing

TB is a contagious disease that can be life-threatening if not treated. Testing is essential, especially if you have recently traveled abroad, or have been in contact with individuals who may be at higher risk.

#### Vaccinations

Staying up to date with vaccines—like the flu shot, pneumonia vaccine, and others—helps protect you from preventable diseases and keeps your immune system strong, especially during cold and flu season.

## Cold & Cough Care

### **Persistent Cough or Sore Throat**

While many coughs and sore throats are viral and resolve on their own, persistent symptoms could be a sign of something more serious like a bacterial infection, allergies, or even asthma. Early treatment helps prevent complications and speeds up recovery.

### **Cold & Flu Treatment**

If you catch a cold or flu, timely treatment and care can reduce symptoms, help you recover faster, and prevent the illness from spreading to others. Our healthcare team can offer you guidance and prescribe medications to ease your symptoms.



## General Preventative Care & Assessments

### **Weight & Lifestyle Management**

Maintaining a healthy weight through balanced eating and exercise lowers your risk of chronic conditions such as diabetes, hypertension, and heart disease. A wellness check gives you the opportunity to discuss your health goals and get personalized advice.

### **Vision & Skin Exams**

Routine eye exams help detect conditions like glaucoma, cataracts, or vision loss, while skin checks can identify changes in moles or new growths that may be signs of skin cancer. Early detection can lead to more effective treatment.

## Why a Wellness Check-Up is Essential

Your wellness check-up is more than just a routine—it's an investment in your future health. By catching potential issues early, you have a much better chance of preventing serious illnesses, saving time, and reducing healthcare costs in the long run.

It's easy to overlook your health until something goes wrong. But regular check-ups and screenings give you the opportunity to stay on top of things, address minor issues before they become major concerns, and make lifestyle adjustments that will benefit you for years to come.

**It's never too late to prioritize your health—schedule a check-up today and take the first step toward better health!**



***Schedule an in-office OR virtual visit with your local clinic!***

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