

# IMPORTANCE OF YEARLY WELLNESS VISIT

## *What is a Wellness Visit?*

A wellness visit is a scheduled "yearly" appointment with your primary care provider to discuss ways to keep you healthy by creating a prevention plan. We will discuss lab work, x-rays, and exams that can be done to catch diseases early. This appointment should be scheduled when you are "not sick" so that we can focus on prevention.

*Most wellness services are covered by your insurance with little/no cost to you; so, please contact your Primary Care Provider today.*

## WHY SHOULD YOU SCHEDULE YOUR YEARLY WELLNESS/PREVENTATIVE CARE VISIT

Keep you healthy & prevent illness

Detect medical conditions early (ex: Breast, Prostate, Colon, Lung Cancer, Depression, Heart Disease)

Discuss screenings and vaccines that are available to you/your family.

## PREVENTATIVE SCREENING TESTS/VACCINES:

### Women

- Mammogram (special x-ray for Breast Cancer)
- Pap Smear (Cervical Cancer)
- Bone Density (special x-ray for Osteoporosis)

### Men

- PSA (blood test for Prostate Cancer)
- ABDOMINAL AORTIC ANEURYSM "AAA" (ultrasound for aneurysm)

### Everyone

- Colonoscopy/Cologuard (Colon Cancer)
- LOW DOSE CT Lung SCREENING (special x-ray for Lung Cancer)
- Depression (questions about how you feel)
- Diabetes (blood test, foot exam, eye exam)
- Cholesterol (blood test)
- Sexually Transmitted Diseases/HIV
- Smoking cessation
- Weight assessment
- Cognitive screenings

### Vaccines (depending on age)

- Well-Child
- Flu
- Pneumonia
- Shingles
- Covid
- Hepatitis B & C