



Med Center Health®

[VIDEO TRANSCRIPT]

90 Seconds to Better Health – Annual Wellness Visits

Kathy Lewis, PA – Med Center Health StayWell Clinic

[MUSIC] [NARRATOR]

90 Seconds to Better Health, brought to you by Med Center Health, the largest healthcare provider in the region.

The annual wellness visit allows your healthcare provider to gain information about you, including medical and family history, health risks and specific vitals.

[LEWIS]

So, during the visit they can expect to have several questionnaires to screen them for cognitive issues like dementia and mental health conditions like depression and anxiety. We go through their family history and we update their individual medical history and surgical history during the visit, too.

Another big reason for annual wellness exams is to schedule patients for screening tests and immunizations that they may be due for.

Patients can expect to be scheduled for lab work and maybe mammograms, pap smears, bone density tests, colonoscopies or Cologuard screening tests, and sometimes low dose CT scans to screen for conditions like breast cancer or colon cancer, lung cancer, cervical cancer and osteoporosis.

[NARRATOR]

Anyone is eligible for annual wellness visits; but they are especially important for the elderly.

[LEWIS]

It's important to get your wellness journey started. So if you don't have a medical provider, you can call the Med Center StayWell Clinic or Primary Care offices to schedule an appointment today.

[MUSIC] [NARRATOR]

For more information, visit MedCenterHealth.org.

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