

## Wellness Checkups

A wellness visit is a preventive care appointment focused on promoting overall health and well-being. It includes a comprehensive assessment of an individual's health status, risk factors, and health goals. During the visit, the healthcare provider conducts various screenings, assessments, and discussions tailored to the patient's age, gender, medical history, and lifestyle factors.



### **Key components of a wellness visit may include:**

- **Physical examination:** Assessment of vital signs, BMI, and overall physical health.
- **Health screenings:** Tests for blood pressure, cholesterol, blood glucose, and cancer screenings based on age and risk factors.
- **Immunizations:** Review and administration of vaccines, including flu shots and other recommended vaccinations.
- **Health counseling:** Discussions on diet, exercise, smoking cessation, alcohol consumption, stress management, and mental health.
- **Medication review:** Evaluation of current medications, potential interactions, and adherence to prescribed treatments.
- **Disease prevention:** Recommendations for preventive measures, such as screenings, lifestyle modifications, and health-promoting behaviors.
- **Personalized care plan:** Development of a tailored plan for ongoing health maintenance and disease prevention.

**The goal of an wellness visit is to empower patients to take an active role in their health, identify potential health risks early, and implement strategies to optimize overall well-being.**