



Press Release
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Wellness Exams Are Key to Maintaining Optimal Health

Staying healthy is more important than ever.

PECOS, Texas (May 29, 2020) – It is more important than ever to ensure that you are in good health. Scheduling your annual wellness exam is a great way to find out if you are current on important screenings and receive the support you need to protect and improve your overall health.

According to Brandi Eakin, PA-C at Pecos Valley Rural Health Clinic, a service of Reeves County Hospital District, wellness exams are a safe and convenient option for local residents.

“Don’t delay getting the healthcare services you need to stay healthy” Eakin said. “Scheduling your yearly wellness exam now is an important way that you can take charge of your health. The clinic is a safe and professional environment where you can get access to the healthcare you need.”

Yearly wellness exams are a key pillar of preventive health services. They include a variety of routine screenings that allow your healthcare provider to assess your overall health, record any changes and detect signs of potential health issues. In addition, they allow your healthcare provider to recommend additional screenings and provide you with information that you can use to take charge of your health.

According to the Centers for Disease Control and Prevention (CDC), fewer than half of American adults, age 65 or older, and fewer than a quarter of adults, ages 50 to 64 receive the recommended level of preventative health services. This includes immunizations and cancer and cardiovascular screenings.

Medicare and most private insurance plans cover annual wellness exams at the Pecos Valley Rural Health Clinic.

During an annual wellness exam, your healthcare provider will typically review height and weight changes; check for possible diseases that could be treated early; update necessary immunizations and order laboratory screenings that check cholesterol, blood pressure and blood sugar levels.

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These exams have been shown to help patients save money overall on medical bills. Detecting health conditions early or often improves treatment outcomes, and preventing health issues altogether is always preferable.

According to Eakin, delaying important healthcare services, including yearly check-ups, can be risky.

“Many people have not sought the healthcare services they need due to the COVID-19 pandemic,” Eakin said. “Skipping appointments or delaying care can make certain health conditions worse. Scheduling an appointment at the clinic is safe and could make a big difference to your health.”

In Reeves County, the Pecos Valley Rural Health Clinic is a convenient choice for families with busy schedules. Appointments can be scheduled for a number of services, including immunizations such as flu shots, comprehensive adolescent and adult health, Medicare screenings, women's health care, obstetrics and annual wellness exams.

To learn more about local healthcare services or to schedule an appointment at the Pecos Valley Rural Health Clinic, please call 432-447-056.

About Reeves County Hospital District

Reeves County Hospital District (RCHD) provides healthcare services for people in Reeves County and neighboring communities in West Texas. Founded in 1954, RCHD, a Level IV Trauma Center, offers a wide variety of medical services, including emergency care, diagnostic radiology, physical therapy, general surgery, a clinical laboratory and more. RCHD also operates American Home Health and Hospice and the Pecos Valley Rural Health Clinic, which offers family care, immunizations and other medical services. For more information, please visit www.reevescountyhospital.com.

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