



Press Release
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It's Not Too Late to Schedule Your Annual Wellness Exam

Yearly checkups are covered by Medicare and most insurance plans.

PECOS, Texas (Nov. 29, 2021) – The holiday season is in full swing and 2021 will soon end. With the hustle and bustle everyone will surely be experiencing over the next several weeks, it is important to keep health and wellness top-of-mind. A great way to do that is by taking advantage of an annual wellness exam before the end of the year.

Covered once a year by Medicare and most private insurance plans, wellness exams are critical check-ups that provide patients with an opportunity to speak with their physician and ensure they are in good health for the year ahead.

“Much health and medical news for the last two years has been focused on COVID-19 but keeping track of your overall health is still very critical,” says Orville Cerna, MD, Internal Medicine physician at Pecos Valley Rural Health Clinic, a service of Reeves County Hospital District. “Since annual wellness exams are covered by Medicare and most insurance plans, taking advantage of this benefit is a no-brainer.”

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 according to the Centers for Disease Control and Prevention (CDC). This includes immunizations and cancer and cardiovascular screenings.

A variety of health stats are reviewed during a wellness exam, such as height and weight changes; a check for possible diseases that could be treated early; update necessary immunizations; laboratory screenings that check cholesterol, blood pressure, and blood sugar levels.

If you have yet to receive a COVID-19 vaccination, your wellness exam is a great time to talk with your medical provider about the vaccines available. Additionally, everyone 18 or older may be eligible for a COVID-19 booster shot.

There are currently three different COVID-19 vaccines available, and the CDC encourages everyone five years of age and older to get vaccinated.

Additionally, getting your annual influenza shot is urged by local healthcare professionals. The flu is highly contagious and can knock you down for up to two weeks, depending on the severity.

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Reeves County Hospital District

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Vaccines have been updated this season to better match circulating viruses and improve their overall effectiveness.

“With everything going on in the world right now, understanding your health and getting your questions answered is very important,” Dr. Cerna adds. “Annual wellness exams provide you with the opportune time to talk with your medical provider.”

In Reeves County the Pecos Valley Rural Health Clinic is a convenient choice for numerous healthcare services for the whole family, including wellness exams. With a compassionate medical team, the clinic helps families take control of their health so they can enjoy the holidays and the New Year.

To schedule an annual wellness exam with a local medical provider, please call the Pecos Valley Rural Health Clinic at 432-447-0565. To learn more about local healthcare programs and services, visit www.reevescountyhospital.com.

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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