



Press Release
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Reeves Regional Health Reflects on Past Year and Shares 3 Essential Health and Wellness Tips for 2024

*The local health system celebrates rural healthcare while sharing
key tips to keep individuals healthy this upcoming year.*

PECOS, Texas (Dec. 22, 2023) – The past year has brought many changes for Reeves Regional Health (RRH) that have advanced the regional health system. Looking ahead to 2024, many more improvements are planned to continue positioning the greater Reeves County region as a model for rural healthcare.

“It seems like just yesterday that we moved into our new hospital campus,” says Brenda McKinney, CEO of RRH. “In 2023, we have really enjoyed serving patients in the new facilities and it has been such a treat to see the reactions from patients and guests with our new campus.”

Expanding its capacity by almost twice the size of its previous 44-year-old facility, RRH officially opened its new medical campus in November 2022. The new campus includes a more extensive emergency department, two spacious surgical suites, a dedicated women's center, larger patient rooms, and upgraded technology integrated throughout the hospital campus.

McKinney says that while much of 2023 has been focused on perfecting its processes at the new hospital campus, the upcoming year will continue to be critical as the regional health system works to focus on further improving its programs and service offerings.

With the thought of the New Year in mind, McKinney shared three top tips to keep in mind for a healthy year ahead.

Annual Wellness Exams

Scheduling an annual wellness exam with your medical provider is a crucial investment in your overall health, serving as a proactive measure to detect potential issues early and optimize well-being. With its fresh start, January is an ideal time to prioritize this essential appointment, setting a positive tone for the entire year.

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Beyond the personal benefits, making this an annual tradition also establishes a routine, making it easier to remember and prioritize in the future. It's worth noting that Medicare and most private insurance providers cover the cost of these wellness exams, making preventive care accessible and emphasizing the importance of staying ahead of any health concerns.

By taking this proactive step, you prioritize your health and empower yourself to navigate the year with confidence and well-founded peace of mind.

Exercise

Embarking on a new exercise program in the New Year heralds a commitment to personal well-being and fitness. The key to long-term success lies in initiating the journey gradually, allowing for the establishment of a sustainable routine.

Starting off slow reduces the risk of burnout and injury and sets the foundation for lasting habits. By easing into the fitness regimen, individuals can acclimate physically and mentally, making it more likely to integrate exercise seamlessly into their daily lives.

This measured approach enhances the chances of adherence and fosters a positive and enjoyable experience, laying the groundwork for a healthier and more active lifestyle in the coming year.

Eating Healthy

Much like exercising, a balanced diet requires commitment and time to adjust; however, with the right mindset, it can be easy. To ensure long-term success, it is crucial to establish sustainable habits from the outset.

Rather than succumbing to the allure of frequent "cheat meals" or "cheat days," focus on cultivating a balanced and nourishing approach to eating. Consistency is critical, and by avoiding excessive deviations from the planned dietary regimen, individuals can build a foundation of healthy habits that are more likely to stand the test of time.

Maintaining a mindful and disciplined approach to nutrition makes the journey toward a healthier lifestyle achievable and more rewarding in the long run.

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“Diet and exercise are usually at the top of everybody’s New Year’s resolution list. Unfortunately, many veer away from their goals by the third week of January,” McKinney explains. “Creating habits and getting used to changes like these take time, but if you stick to it, results can come quickly and potentially be lifesaving, especially for those with certain conditions like high cholesterol and diabetes.”

To learn more about local healthcare programs and services, please visit www.reevesregional.com. For information about scheduling an annual wellness exam or to see a local medical provider at Reeves Regional Rural Health Clinic, please call 432-447-0565.

About Reeves Regional Health

Reeves Regional Health (RRH), formally known as Reeves County Hospital District, provides healthcare services for Reeves County and neighboring West Texas communities. Founded in 1954, RRH, a Level IV Trauma Center, offers various medical services, including emergency care, diagnostic imaging, physical therapy, general surgery, a clinical laboratory, and more. RRH also operates Reeves Regional Home Health and Hospice and Reeves Regional Rural Health Clinic. In November 2022, RRH began serving patients from a new \$115 million, 140,000-square-foot campus. For more information, please visit www.reevesregional.com.

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