



Press Release
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Media Contact
Venetta Seals | rhcacares@reevesregional.com
432-447-3551 ext. 2243

Reeves Regional Health Emphasizes Importance of Annual Wellness Exams

Encouraging the Community to Prioritize Health with Routine Check-Ups

PECOS, Texas (Dec. 9, 2024) – As we approach the end of the year, Reeves Regional Health is urging local residents to prioritize their health by scheduling an annual wellness exam. These routine check-ups are vital for detecting potential health issues early and ensuring overall well-being. Reeves Regional Health remains committed to promoting proactive healthcare as a means of preventing disease and improving long-term health outcomes.

"Annual wellness exams play a crucial role in maintaining good health and preventing serious conditions down the road," said Dr. Abigail Darnell, a Family Medicine with Obstetrics physician, at Reeves Regional Rural Health Clinic. "These exams offer a comprehensive overview of a patient's health and provide an opportunity to address any emerging concerns."

The wellness exams at Reeves Regional focus on a holistic approach, considering physical, emotional, and mental health. In addition to a thorough health history review, patients are screened for common conditions like diabetes, heart disease, and cancer. "Early detection is key to effective treatment," Dr. Darnell emphasized. "By identifying conditions early, we can initiate treatment sooner, potentially avoiding more serious complications."

The importance of wellness exams extends to individuals of all ages, including children. "Children's wellness exams are particularly important for monitoring growth and development," Dr. Darnell noted. "We track their progress, address any developmental concerns, and ensure they are up-to-date on vaccinations, setting them on the path to lifelong health."

With the busy holiday season beginning, now is an ideal time to schedule wellness visits, taking advantage of time off from work or school. "This is the perfect moment to take control of your health," Dr. Darnell said. "Whether you're managing a chronic condition or just looking to stay on top of your health, an annual wellness exam is an excellent first step."

In addition to providing screenings, wellness exams are a great time to update vaccinations, including flu shots, and discuss lifestyle choices such as diet and exercise. "Maintaining a healthy lifestyle can significantly improve long-term health, and these exams provide an opportunity to discuss habits that can make a real difference," Dr. Darnell added.

At Reeves Regional Health, the focus on preventive care remains a cornerstone of their mission to improve community health. By encouraging residents to schedule regular wellness exams, they aim to empower individuals to take charge of their health and build a healthier future.

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Individuals interested in scheduling a wellness exam or learning more about services at Reeves Regional Health are encouraged to contact the Reeves Regional Rural Health Clinic at 432- 447-0565. Most insurance plans, including Medicare, cover wellness visits, making preventive care more accessible to the community.

For more information about local healthcare capabilities, including medical providers, please visit the Reeves Regional Health website at www.reevesregional.com.

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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