



Press Release
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Make Your Health a Priority Before Year-End

Reeves Regional Health encourages residents to schedule wellness exams before benefits reset

PECOS, Texas (Nov. 10, 2025) – As the holiday season approaches and planning begins for family gatherings, travel, and year-end responsibilities, Reeves Regional Health is encouraging individuals and families to schedule their annual wellness exams before benefits renew. November is an ideal time to check in with a healthcare provider, stay current on preventive screenings, and take steps to protect long-term health.

While many people associate doctor visits with illness or injury, annual wellness exams focus on maintaining good health and preventing problems before they begin. According to Reeves Regional Health, these visits help patients better understand their health, identify risk factors early, and work with their provider to build a plan for a strong and healthy year ahead.

“Toward the end of the year, people are juggling busy schedules, and health appointments sometimes fall through the cracks,” said Brenda McKinney, CEO, at Reeves Regional Health. “Scheduling a wellness exam now gives you an opportunity to review your health status, ask questions, and make sure you are taking care of yourself before the calendar turns. It is one of the most meaningful things you can do for yourself and the people who depend on you.”

During a wellness visit, patients can expect a thorough health review and several routine checks. Providers often start by discussing medical history, family history, current medications, lifestyle habits, and any new symptoms or concerns. This conversation helps guide the visit and make sure the provider understands the patient’s full health picture. Vital signs are typically recorded, including blood pressure, pulse, temperature, and oxygen levels. Providers may also measure height, weight, and body mass index (BMI) to monitor changes over time.

Laboratory work is often part of the exam as well. Common tests may include cholesterol and blood sugar screenings to evaluate heart health and diabetes risk, as well as kidney and liver function tests as needed. Depending on age and individual risk factors, providers may also recommend cancer screenings, such as mammograms, colon cancer screening referrals, or prostate health evaluations. Immunizations are updated when appropriate, including flu vaccines and other adult or childhood boosters.

“Wellness exams are very comprehensive,” said Chris Wallace, PA, at Reeves Regional Rural Health Clinic. “We look at everything from vital signs to lab work and screening needs, but just as important is

MORE



Make Your Health a Priority Before Year-End

Page, 2

the conversation. We talk with patients about exercise habits, sleep, stress, nutrition, and overall mental and emotional well-being. Good health is not only physical. We want to support the whole person.”

For many patients, a wellness exam provides clarity and peace of mind. Something as simple as reviewing blood pressure or talking about medication side effects can help resolve concerns and avoid complications down the road. In addition, wellness visits are a valuable time to discuss any small changes that might otherwise go unnoticed. Early identification of trends—such as rising blood pressure or increasing blood sugar—allows providers to recommend lifestyle changes or interventions before more serious health issues develop.

Children and teens also benefit from annual wellness exams. Providers monitor growth and development, review school performance and behavioral health, check vision and hearing, and ensure immunizations remain current. “For our younger patients, these visits help ensure they are meeting important developmental milestones and give parents a chance to talk about growth, learning, sleep, and nutrition,” Wallace said. “It is a chance to support families and help kids build healthy habits that can last a lifetime.”

With many insurance plans covering annual wellness visits and deductibles often already met by November, the end of the year is also a smart financial time to schedule appointments. Patients who have postponed preventive care earlier in the year may find that now is the most cost-effective moment to get screened and catch up on recommended care.

McKinney emphasized that preventive care remains a cornerstone of Reeves Regional Health’s commitment to the community. “We want every member of our community to have access to high-quality, proactive healthcare,” McKinney said. “Wellness exams empower people to take ownership of their health and plan for the future. When individuals and families stay healthy, our entire community benefits.”

Appointments for wellness exams at Reeves Regional Rural Health Clinic do fill quickly near the end of the year, so patients are encouraged to call early. To schedule a wellness visit or learn more about services at Reeves Regional Health, call 432-447-0565. Most insurance plans, including Medicare, cover annual wellness exams as part of preventive care benefits.

For more information on Reeves Regional Health and available services, visit www.reevesregional.com.

About Reeves Regional Health

Reeves Regional Health (RRH), a non-profit Level IV Trauma Center in Pecos, Texas, has been caring for Reeves County and surrounding West Texas communities since 1954. In 2022, the hospital opened its

MORE

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Make Your Health a Priority Before Year-End

Page, 3

new facility, combining modern technology with the warmth of hometown care. In 2025, RRH was recognized as one of the Top 100 Critical Access Hospitals nationwide and also earned National Recognition as a Center of Excellence in Surgical Safety by the Association of periOperative Registered Nurses (AORN).

Our Mission and Vision: We are committed to exceptional care through servant leadership and strive to be the trusted beacon of health in our region—enhancing quality of life through innovation, compassion, and excellence. Guided by our WECARE values—Wellness, Excellence, Compassion, Accountability, Respect, and Equality—we put patients and families at the heart of everything we do.

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