

Great news! Your health insurance plan fully covers your annual physical exam or well adult check-up. This means there will be no out-of-pocket expenses for you when you come in for this important preventive care appointment. We encourage you to take advantage of this benefit to ensure your continued good health.

Easy Online Booking: through our website or patient portal app.

You can do telehealth appointments for your convenience.

Annual well adult or physical appointments typically include a comprehensive assessment of your health and may cover the following:

1. **Medical History Review:** Your healthcare provider will review your medical history, including any changes in your health since your last visit.
2. **Vital Signs:** They will measure your blood pressure, heart rate, and other vital signs to assess your overall health.
3. **Physical Examination:** A thorough physical exam may be conducted to check various body systems, including the heart, lungs, abdomen, and more.
4. **Health Screenings:** Depending on your age, sex, and risk factors, your provider may recommend various screenings, such as cholesterol levels, blood sugar, and cancer screenings: breast cancer, colorectal cancer, cervical cancer, prostate cancer.
5. **Immunizations:** Your provider will review and update your vaccinations as needed based on your age and health status.
6. **Medication Review:** If you're taking medications, your healthcare provider will review them, adjust dosages if necessary, and discuss any side effects or concerns.
7. **Health Counseling:** You may receive guidance on nutrition, exercise, weight management, and other lifestyle factors that can affect your health.
8. **Risk Assessment:** Your provider will assess your risk factors for various health conditions and provide recommendations for reducing those risks.
9. **Mental Health:** Your mental well-being may be addressed, including screenings for depression, anxiety, or other mental health concerns.
10. **Preventive Recommendations:** Your healthcare provider will discuss and provide recommendations for preventive measures, like age-appropriate cancer screenings, based on guidelines.