



**Press Release**  
**FOR IMMEDIATE RELEASE**

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## **Annual Wellness Exams are Encouraged for Adults & Children**

*Knox County Hospital District discusses the importance of preventative healthcare.*

KNOX CITY, Texas (Dec 2, 2022) – Are you healthy? Do you know if you are at risk of cancer or some other disease? Are you taking the proper precautions to prevent the onset of certain ailments?

These questions, along with others, are what medical providers aim to answer during annual wellness visits. While these essential screenings are important, Knox County Hospital District (KCHD) reminds adults in the community to schedule annual wellness visits.

According to the Centers for Disease Control and Prevention (CDC), regular health exams, screenings, and tests can help medical providers find problems in patients before they in advance.

“When it comes to preventative healthcare, an annual wellness visit can be the difference between life and death,” says Dr. Michael Bennington of the Munday Clinic. “Adults and children who have a proactive role in their healthcare means they are doing what they can to live a longer, healthier life.”

The CDC estimates that 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 such as immunizations and cancer and cardiovascular screenings.

An annual wellness exam is a yearly appointment with your primary care provider to review your health status and develop a personalized preventative healthcare plan tailored to you. These exams typically review height and weight changes; check for possible diseases that could be treated early; update necessary immunizations; and order laboratory screenings that check cholesterol, blood pressure and blood sugar levels.

Before your next wellness visit, Dr. Bennington recommends that you review your family health history and write down any new conditions or diseases that have occurred in your family since your last visit. If you have put off any health screenings previously recommended, it is important that you share that information with your physician. Lastly, think about any symptoms you have been experiencing or want to ask your physician.

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“Use annual wellness visits as an opportunity to discuss your overall health with your primary care provider. It is one of your chances to get answers to all the health-related questions that you may have,” Dr. Bennington explains. “My advice is to be open and honest, that is what’s most important during these visits. After all, this is your health we’re talking about here.”

Medicare and most private health insurance plans cover the cost of preventative wellness visits once a year.

For more information about annual wellness visits, or to find a local medical provider, please call Knox City Clinic at 940-657-3906 or the Munday Clinic at 940-422-5271.

### **About Knox County Hospital District**

Founded in 1926, Knox County Hospital District provides healthcare for residents of Knox County and surrounding areas. The district offers a wealth of medical services, including 24-hour emergency care, advanced radiology services, a clinical laboratory, home health, physical therapy, long-term care, patient education, and more. For additional information, please call 940-657-3535 or visit [www.knoxhospital.org](http://www.knoxhospital.org).

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