



Press Release
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Media Contact
Stephen Kuehler | stephen.kuehler@knoxhospital.org
940-657-3535

Local Hospital Encourages Adults to Prioritize Annual Wellness Visits

Proactive health exams are key to early disease prevention and better long-term health.

KNOX CITY, Texas (Nov 6, 2024) – Knox County Hospital District (KCHD) is reminding individuals throughout Knox County of the importance of annual wellness visits in maintaining their overall health. As the year moves closer to holidays and comes to a close, now is the perfect time to schedule a preventive checkup to ensure you're taking the necessary steps to stay healthy. Regular wellness visits are a proactive way to detect early signs of health issues and prevent conditions from advancing, helping individuals take a comprehensive approach to health management.

“At Knox County Hospital District, we want our patients to take charge of their health and focus on prevention,” said Chris Scott, FNP at the Munday Clinic. “A wellness exam isn’t just a routine visit; it’s a way to catch early warning signs of health issues and take action to stay ahead of them. For many, these checkups could be life-changing, even life-saving.”

Annual wellness visits are designed to cover a wide range of health factors, including reviewing the patient’s current health status and assessing common conditions such as high blood pressure, high cholesterol, diabetes, and potential cardiovascular risks. Many patients use these exams as a time to discuss lifestyle changes, such as diet and exercise, that can have a significant impact on their health. Additionally, these exams provide a valuable opportunity to update vaccinations, discuss mental health, and screen for various types of cancer, all of which are essential components of a preventive care plan.

Scott emphasizes that wellness exams offer patients a chance to establish a long-term partnership with their healthcare providers. Through consistent visits, medical practitioners get to know their patients’ unique health needs, which helps create a personalized health plan tailored to specific concerns. Regular wellness visits are particularly important for managing chronic conditions, which are prevalent among adults and can have significant health implications over time. In cases where chronic conditions are already present, these visits help in monitoring progress, adjusting treatments, and providing ongoing guidance to manage symptoms effectively.

Preventive care plays an essential role in ensuring that patients can take charge of their health before issues develop into more serious problems. According to the Centers for Disease Control and Prevention (CDC), fewer than half of adults aged 65 and older and less than 25% of adults aged 50 to 64 receive the preventive health services they need, which can lead to undiagnosed and untreated conditions. KCHD is committed to helping bridge this gap by making preventive care more accessible to adults in the community and educating patients about the importance of routine health evaluations.

“By staying current with wellness exams, we’re able to provide care that is both proactive and

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preventive,” explained Scott. “This is about building a healthier future for our community—one where preventable conditions are addressed early and where our patients feel empowered to make informed health decisions. Our goal is to ensure that everyone has the tools and support they need to live healthier lives.”

Patients are encouraged to prepare for their annual wellness exams by reviewing their family health history, as well as any new symptoms or health changes they may have experienced since their last visit. Understanding family history can offer important insights for providers and may guide additional screenings or preventive steps. Scott also recommends that patients keep a list of any current medications, questions, or health concerns they may have, as this helps facilitate a more comprehensive and productive conversation with their healthcare provider.

The annual wellness visit can also be an essential opportunity to ask questions about symptoms, lifestyle choices, and preventive strategies that can contribute to a healthier future. “Your wellness visit is an opportunity for an open, meaningful conversation about your health,” said Scott. “The more open and honest you are, the more we can help. We’re here to support you in reaching your health goals and provide you with the resources you need to stay well.”

Knox County Hospital District provides a variety of healthcare services that complement preventive care, including advanced radiology, laboratory testing, physical therapy, and long-term care services. These offerings are designed to meet the diverse needs of patients at every stage of life. Whether an individual is managing a chronic condition, in need of regular health screenings, or seeking guidance on preventive measures, KCHD remains dedicated to providing comprehensive, personalized care for each patient.

For more information about wellness exams or to schedule an appointment, please contact Knox City Clinic at 940-657-3906 or Munday Clinic at 940-422-5271. Most insurance plans, including Medicare, cover the cost of an annual wellness visit. Patients who have not had a wellness exam in the past year are encouraged to take advantage of these covered benefits to help maintain their health and prevent future medical issues.

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.

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