



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

Stay On Track With Your Health: Schedule Your Annual Wellness Visit

A yearly checkup supports prevention, early detection, and a healthier future

KNOX CITY, Texas (Nov 7, 2025) – Knox County Hospital District (KCHD) is encouraging individuals across Knox County to make time for an annual wellness visit before the year concludes. These visits serve as a cornerstone of preventive healthcare, helping patients stay ahead of potential issues and build healthier futures through early detection, routine screenings, and a strong partnership with their medical provider.

“As a community hospital district, our goal is to keep people healthy and thriving right here at home,” said Stephen Kuehler, CEO. “Annual wellness visits help us focus on prevention, understand a patient’s long-term health needs, and make sure small concerns don’t become major problems. It is one of the most important appointments a person can make each year.”

Unlike visits scheduled for illness or injury, an annual wellness exam focuses on overall well-being. During the visit, providers review current health status, discuss medical history, examine medications, and ensure preventive screenings and vaccinations are up to date. Providers also talk with patients about lifestyle factors such as nutrition, physical activity, stress, sleep habits, and mental health.

Many patients also use this time to ask questions, review long-term health goals, and identify ways to build healthy habits for the coming year. These conversations often lead to positive changes that support wellness, including better eating habits, smoking cessation, increased physical activity, and proactive management of chronic conditions.

“Wellness visits give us the chance to look at the full picture and work together on a plan that fits each person’s life,” said Dr. Ruth Ebangit, who sees patients at Knox County Hospital District. “When we see patients yearly, we can monitor progress over time, offer guidance, and provide support that helps them make informed decisions about their health. A wellness visit is truly an investment in your future.”

These visits are especially valuable for adults with chronic health conditions such as high blood pressure, diabetes, or heart disease, as well as individuals with a family history of serious health issues. Detecting early warning signs allows patients and providers to take action before symptoms progress.

Dr. Ebangit noted that patients should bring a list of medications, review their family health history, and jot down questions or concerns ahead of the appointment. “Preparation helps us have a meaningful conversation,” Dr. Ebangit added. “We want people to feel comfortable, supported, and confident that they have a partner in their care.”

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Annual wellness visits are covered by most insurance plans, including Medicare, often at no cost to the patient. This means individuals can receive important preventive care and screenings without additional expense. For older adults, these visits can be especially important in maintaining quality of life, preserving independence, and reducing the risk of unexpected medical issues.

KCHD encourages anyone who has not had a wellness visit within the last 12 months to schedule one as soon as possible. With the end of the year approaching, appointment spots tend to fill quickly, making early scheduling beneficial for families and individuals hoping to complete their preventive care before the new year.

Kuehler emphasized that preventive care remains a top priority for the hospital district and its clinics. “Our mission includes helping our neighbors live healthier lives,” said Kuehler. “By encouraging regular wellness visits, we are able to partner with our patients and support them in ways that keep them healthy and active. Prevention really does matter, and we are here to help every step of the way.”

The Knox County Hospital District team remains committed to providing compassionate, patient-centered care in a welcoming and supportive environment. Whether patients are looking to get ahead of chronic conditions, better understand their health risks, or simply stay on track, the annual wellness visit provides a strong foundation for long-term health.

Appointments for annual wellness visits are available at Knox City Clinic and Munday Clinic. To schedule, call the Knox City Clinic at 940-657-3906 or the Munday Clinic at 940-422-5271. For more information about services, visit www.knoxhospital.org or contact 940-657-3535.

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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