

Why Well-Visits?

Well-Visits also known as checkups or physicals, they are an important part of maintaining a person's health. During a well-visit your doctor checks your blood pressure, pulse and heart rate, just to name a few. Well-visits are not the same as going to the doctor when you are sick. These visits usually include going over your medical history and talking about ways to improve your health.

Well-visits are very beneficial. They are a form of preventive healthcare, and some of the benefits of these visits include:

- ✓ Well-Visits allow you to build trusting relationships with your Primary Care Physician (PCP).
- ✓ Well-Visits empower you to take charge of your health.
- ✓ Well-Visits raise your awareness on health conditions that you may or not know about.
- ✓ Well-Visits provide you with additional information on risk reduction behaviors.
- ✓ Well-Visits allow for better monitoring of your health, so early diagnosis of disease or illness is also a benefit of seeing your doctor regularly for Well-Visits.
- ✓ Well-Visits reduce the chances of you having to go to an Emergency Room(ER) for treatment.
- ✓ Well-Visits provide you with preventive care.
- ✓ Well-Visits save you money on your health care costs.
- ✓ Well-Visits take up less time during your day than going to the Emergency Room (ER).