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| **Press Release**  **FOR IMMEDIATE RELEASE** | Tim Jones | tim.jones@heartoftexashealthcare.org  325-597-2901 |

**Take Advantage of Your Yearly Wellness Exam and Take Control of Your Health**

*Brady Medical Clinic offers wellness exams covered by Medicare and most insurance plans.*

BRADY, Texas (Dec 7, 2020) – A yearly wellness exam is an important step in taking control of your health and wellness. As the winter months approach, during the COVID-19 pandemic, maintaining and improving your health is more important than ever. A good reason why now is a great time to schedule your annual wellness exam.

“Don’t delay your wellness exam this year,” said Wade Huey, MD, Family Medicine Physician at Brady Medical Clinic, a service of Heart of Texas Healthcare System. “It is an important time to ensure you are in good health. Yearly wellness exams are a great opportunity to meet with your healthcare provider and take steps to protect your health.”

Since those with certain underlying health conditions are at higher risk of serious illness from COVID-19, ensuring you are in good health is especially important this winter. A yearly health checkup can help detect and prevent certain health issues, helping you take steps to and improve your health.

Due to fear of COVID-19, many people have chosen to delay routine health services. Doing so, however, can put you, and your family, at risk.

“Delaying the healthcare services you need is never a good idea,” Dr. Huey said. “You can take comfort knowing that we have taken steps to protect your safety at the hospital and at Brady Medical Clinic.”

According to Dr. Huey, the healthcare system is following important guidelines from state health officials and the Centers for Disease Control and Prevention (CDC) such as frequent cleaning and disinfecting; requiring patients, providers, and staff to wear masks at all times; temperature checks upon arrival; efforts to ensure patients and visitors practice social distancing; and providing separate areas for sick patients to prevent the spread of illness.

A wellness exam is covered by Medicare and most insurance plans once a year. Yearly wellness exams include a variety of routine screenings that allow your healthcare provider to assess your overall health, record any changes and detect signs of potential health issues. In addition, they allow your healthcare provider to recommend additional screenings and provide you with information that you can use to take charge of your health.

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During an annual wellness exam, your healthcare provider will typically review height and weight changes; check family history for possible diseases that could be impact your health; update necessary immunizations; and order laboratory screenings that check cholesterol, blood pressure, and blood sugar levels. In addition, they allow your healthcare provider to recommend additional screenings and provide you with information that you can use to take charge of your health.

By catching health issues early or preventing them altogether, patients can avoid prolonged and costly medical treatments.

Brady Medical Clinic is a convenient choice for preventive healthcare services in McCulloch County, appointments can be scheduled for a number of services, including immunizations such as flu shots, comprehensive adolescent and adult health, Medicare screenings, immunizations, and annual wellness exams.

“Take advantage of your annual wellness exam before the end of the year,” Dr. Huey said. “With the holiday season upon us, taking control of your health will help you stay well into the new year.”

To learn more about local healthcare services or to schedule a wellness exam at Brady Medical Clinic, please call 325-597-2114.

**About Heart of Texas Healthcare System**Heart of Texas Healthcare System provides healthcare for residents of McCulloch County and the surrounding area. Founded in 2011, the system offers a wealth of medical services, including 24-hour emergency care, advanced radiology services, a clinical laboratory, dialysis services, physical therapy, surgical services, patient education, sleep studies, and more. The system also owns and operates Brady Medical Clinic, which provides family medicine, preventive care, and acute care for minor emergencies. For additional information, please visit www.heartoftexashealthcare.org.

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