



Press Release
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Media Contact
Elisha Rosier, CEO | elisha.rosier@cchdonline.com
806 647 8700

Now is a Great Time to Schedule an Annual Wellness Exam

Yearly wellness exams are covered by Medicare and most insurance plans.

DIMMITT, Texas (Dec 5, 2023) – With the holiday season in full-swing and folks gathering together for meals and social activities, scheduling annual wellness exams for the entire family, is an important step to help families stay healthy this winter. 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 advance.

Wellness exams are covered once a year by Medicare and most private insurance plans. These critical check-ups are an opportunity to speak with a medical provider to ensure you are in good health for the year ahead.

“Children are not the only ones who can benefit from regularly meeting with a medical provider,” said Elisha Rosier, CEO, RN, BNS at Plains Memorial Hospital. “Annual wellness exams help ensure that adults are in good physical condition and help medical providers detect issues early, improving treatment outcomes and saving money on medical bills.”

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. This includes immunizations, and cancer and cardiovascular screenings.

Annual wellness 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. It is also an ideal time to review the need for flu, pneumonia and Covid booster with your medical provider.

Before your next wellness visit, Rosier 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 medical provider. Lastly, think about any symptoms you have been experiencing or questions you may want to ask your provider.

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Children and Adults Benefit from Annual Wellness Exams

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“A wellness exam is an opportunity to focus on ways to maintain and improve your health,” Rosier said. “It’s a chance to consult with your local medical provider and get answers to specific questions. Don’t be shy about asking. After all, it’s your health.”

In Castro County many residents choose to take advantage of the local healthcare services offered at Medical Center of Dimmitt for wellness exams. The clinic is a convenient choice for families with busy schedules and provide a wide variety of essential services, including wellness exams, immunizations and more.

To learn more about local healthcare services or to ask questions about an annual wellness exams call Medical Center of Dimmitt at 647-2194.

About Castro County Healthcare

Founded in 1963, Castro County Healthcare provides healthcare for residents of Castro County, Texas, and the surrounding region. Anchored by Plains Memorial Hospital, the healthcare system offers many medical services, including 24-hour emergency care, advanced radiology services, including CT scanning and MRIs, outpatient lab, physical and occupational therapy, swing bed services, patient education, assisted living facility and more. For additional information, please visit www.plainsmemorial.com.

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