



Press Release
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Adults Encouraged to Schedule Annual Wellness Visits

Preventative healthcare is the proactive approach to wellness.

SOUTH BEND, Wash. (May 26, 2020) – As we navigate life amidst a global pandemic, staying atop of your health is even more important than ever. Knowing more about chronic conditions that affect your body, screening for cancer, and effectively managing diseases such as diabetes care are among the proper precautions every adult should be taking.

While essential screenings are important for all individuals, Willapa Harbor Hospital reminds adults in the community to schedule annual wellness visits.

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.

“Patients who have a proactive role in their healthcare means they are doing what they can to live a longer, healthier life,” says Dr. Pawel Dutkiewicz, Family Medicine physician in South Bend. “When it comes to preventative healthcare, an annual wellness visit can be the difference between life and death.”

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 such as immunizations, cancer and cardiovascular screenings.

An annual wellness exam is a yearly appointment with your primary care provider to review your health status and develop a personalized preventative healthcare plan tailored to you. These 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.

Before your next wellness visit, Dr. Dutkiewicz 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 physician. Lastly, think about any symptoms you have been experiencing or questions you might want to ask your physician.

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“Use annual wellness visits as an opportunity to discuss your overall health with your primary care provider. It is one of your chances to get answers to all the health-related questions that you may have,” Dr. Dutkiewicz explains. “My advice is to be open and honest, that is what’s most important during these visits. After all, this is your health we’re talking about here.”

Medicare and most private health insurance plans cover the cost of preventative wellness visits once a year.

For more information about annual wellness visits, or to find a local medical provider, please call Pacific Family Health Center (360-875-5579), Willapa Harbor Hospital Clinic – Dr. Hing (360-875-5526), or Willapa Harbor Hospital Clinic (360-875-4502). To learn more about local healthcare programs, services, and medical providers, please visit www.willapaharborhospital.com.

About Willapa Harbor Hospital

Founded in 1954, Willapa Harbor Hospital serves the healthcare needs of north Pacific County residents. The hospital offers a wealth of medical services including in-patient care, a Level V 24-hour trauma center and advanced radiology services (including CT, MRIs, ultrasound and mammograms), an outpatient lab, surgical services, cardiac rehabilitation, diabetic education and more. Pacific Family Health Center and Willapa Harbor Hospital Clinics are medical clinics that are operated by Willapa Harbor Hospital. For more information, please visit www.willapaharborhospital.com.

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