

IS IT TIME FOR YOUR ANNUAL PHYSICAL?

Has it been more than a year since you've been to your primary care provider? You may have grown up only going to the doctor when you were sick. Or you may have spent several years prioritizing your child's doctor's visits and neglecting your own. Whatever the reason, if it's been more than a year, you're likely due for your annual exam.

An annual exam is a visit where your provider checks your overall health, even if you feel fine. The most important reason to have an annual exam is to increase the chances of catching a chronic health condition in the early stages. Detecting and diagnosing diseases before you experience major symptoms can increase your chances of effectively treating the disease.

Physicals are an important part of preventive health care for all adults. Our team of skilled, compassionate primary care providers offers annual exams that help you reach your best health – and stay there.



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