

ANNUAL PHYSICAL ASSESSMENTS




HEALTHWISE
MEDICAL CLINIC

Your health is your most valuable asset, and taking proactive steps to maintain it is crucial. One of the best ways to stay on top of your well-being is through annual physicals and preventative care.

Here's why they matter:

Catch Issues Early

Annual physical exams allow healthcare professionals to detect potential health concerns before they become serious problems.

From high blood pressure to diabetes, catching these issues early can significantly improve treatment outcomes.

Preventative Screenings

Regular check-ups often include screenings for various conditions such as cancer, heart disease, and osteoporosis.

These screenings can help detect diseases in their early stages when they're most treatable.

Personalized Health Advice

During your annual physical, you can discuss your lifestyle, diet, exercise habits, and any concerns you may have with your healthcare provider.

They can provide personalized advice to help you maintain or improve your health.

Review Medications

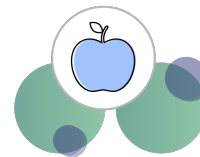
If you're taking any medications, an annual physical is an opportunity to review them with your healthcare provider.

They can ensure you're on the right dosage and check for any potential interactions.

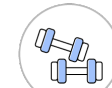
Establish A Baseline

Regular check-ups provide a baseline for your health, making it easier to track changes over time. This information is valuable for identifying trends and making informed decisions about your health.

In addition to annual physicals, there are several things you can do to prioritize your health:



Healthy Diet: Focus on a balanced diet rich in fruits, vegetables, lean proteins, and whole grains.



Regular Exercise: Aim for at least 150 minutes of moderate-intensity exercise per week.



Manage Stress: Find healthy ways to manage stress, such as meditation, yoga, or spending time with loved ones.



Get Adequate Sleep: Aim for 7-8 hours of quality sleep each night to support overall health and well-being.



Stay Hydrated: Drink plenty of water throughout the day to keep your body hydrated.

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