

WELLNESS

— Check-ups

Your health is your greatest asset, and taking proactive steps to maintain it is key to living a long, vibrant life. A Wellness Check-Up is a comprehensive way to assess your overall health and catch any potential issues early. Below, we've outlined the important services included in a routine check-up and why they're essential for your well-being.

Essential Health Screenings

Blood Pressure & Cholesterol Checks

Regular monitoring of your blood pressure and cholesterol levels helps prevent heart disease and stroke. High blood pressure often has no symptoms but can lead to severe complications, which is why it's important to get checked regularly.

Blood Sugar Levels

Routine blood sugar tests help detect early signs of diabetes. Catching this condition early can prevent complications like nerve damage, kidney disease, and cardiovascular issues.

Cancer Screenings (Breast, Prostate, Colon, Skin, etc.)

Early detection is crucial in cancer treatment. Regular screenings can help identify risks or signs of cancer before they develop into something more serious, increasing your chances of successful treatment.



TB Testing & Immunizations

Tuberculosis (TB) Testing

TB is a contagious disease that can be life-threatening if not treated. Testing is essential, especially if you have recently traveled abroad, or have been in contact with individuals who may be at higher risk.

Vaccinations

Staying up to date with vaccines—like the flu shot, pneumonia vaccine, and others—helps protect you from preventable diseases and keeps your immune system strong, especially during cold and flu season.

Cold & Cough Care

Persistent Cough or Sore Throat

While many coughs and sore throats are viral and resolve on their own, persistent symptoms could be a sign of something more serious like a bacterial infection, allergies, or even asthma. Early treatment helps prevent complications and speeds up recovery.



Cold & Flu Treatment

If you catch a cold or flu, timely treatment and care can reduce symptoms, help you recover faster, and prevent the illness from spreading to others. Our healthcare team can offer you guidance and prescribe medications to ease your symptoms.

General Preventative Care & Assessments

Weight & Lifestyle Management

Maintaining a healthy weight through balanced eating and exercise lowers your risk of chronic conditions such as diabetes, hypertension, and heart disease. A wellness check gives you the opportunity to discuss your health goals and get personalized advice.

Vision & Skin Exams

Routine eye exams help detect conditions like glaucoma, cataracts, or vision loss, while skin checks can identify changes in moles or new growths that may be signs of skin cancer. Early detection can lead to more effective treatment.



HEALTHWISE MEDICAL CLINIC

HANFORD

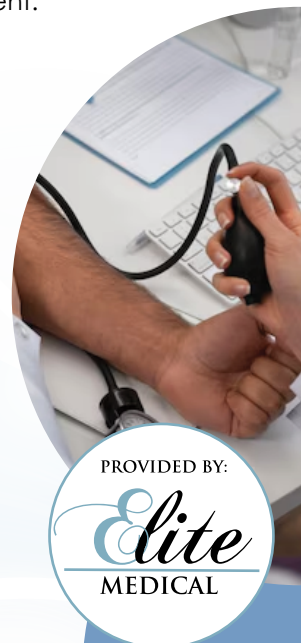
740 N. Irwin St.
Hanford, CA 93230
559.272.9551

VISALIA

4004 S. Demaree St. #A
Visalia, CA 93277
559.272.9549
www.healthwise.clinic

PORTERVILLE

99 W Putnam Ave
Porterville, 93257 CA
559.272.9544



PROVIDED BY:

Elite
MEDICAL