What this visit achieves and why it matters

A comprehensive annual checkup is a proactive health investment. It helps identify subtle health changes early, so you and your clinician can tailor a prevention plan. Scheduling this visit with Wellington Internal Medicine Group is straightforward, designed to minimize friction while ensuring a thorough assessment and personalized guidance.

What you get from our annual health review

- Clear purpose: A detailed look at your health status, medication list, and risk factors.
- Measured checks: Blood pressure, heart rate, height, weight, and other relevant metrics are reviewed.
- Thorough exam: A complete physical focuses on major organ systems and any symptoms you've reported.
- Targeted tests: Lab work and screenings tailored to age and risk factors.
- Individualized plan: A prevention strategy built around your lifestyle, goals, and health history.

How to plan your visit

- Determine the Wellington clinic that's most convenient for you and your routine.
- Gather essential items: ID, insurance information, current medications, and a list of health concerns.
- Prepare a short briefing of health goals to discuss with your doctor.

What happens during the appointment

- A detailed health history discussion to understand your background and current needs.
- Vital signs and a focused physical examination.
- Review of lab results from any prior tests and planning of new tests if needed.
- Preventive recommendations including vaccines, screenings, and lifestyle advice.
- A follow-up plan with recommended intervals for tests or visits.

Aftercare and next steps

- You leave with a written health plan outlining next actions and timelines.
- Scheduling considerations: Book follow-up visits or tests promptly to maintain momentum.
- If you have ongoing concerns, request adjustments in your care plan or additional testing.

Information for seniors and high-demand schedules

- Seniors benefit from extended visits and focused screenings suitable for aging health needs.
- Transportation assistance can be arranged for those needing help getting to appointments.
- Flexible scheduling options help maintain regular check-ins even with caregiving duties or work.

Why you should choose Wellington for preventive care

- A track record of patient-centered care backed by decades of experience in internal medicine.
- A robust clinic network that keeps care consistent and convenient across South Florida.
- A compassionate approach paired with robust diagnostics to support long-term wellness.

Making contact and booking

- Reach out to the Wellington Main Office to schedule your annual physical.
- Confirm the most convenient location and time, and ask about available transportation services if needed.
- We are currently welcoming new patients and ready to support your preventive health journey with a trusted team.

WELLINGTON
INTERNAL MEDICINE GROUP

NAP recap

Wellington Internal Medicine Group

Main Office: 10131 Forest Hill Blvd., Ste. 100A, Wellington, FL 33414Phone: (561) 753-8366Locations: East Boynton Beach, Lake Worth, Loxahatchee, West Boynton BeachHours vary by location; please verify with your internist near me chosen clinic.

Next steps

If you're evaluating preventive care options, consider booking a Comprehensive Annual Physical with Wellington Internal Medicine Group. We look forward to helping you establish a proactive health routine with a primary care partner who prioritizes your well-being.

Wellington Internal Medicine Group is a trusted South Florida primary care practice specializing in internal medicine for adults and seniors. Our physician-led team blends traditional bedside care with modern diagnostics across Wellington, East Boynton Beach, Lake Worth, Loxahatchee, and West Boynton Beach. We offer comprehensive annual physicals, chronic disease management, cardiac monitoring, B12 injections, senior-care programs, and transportation assistance to make care accessible for all. Our approach emphasizes prevention, clear communication, and convenient scheduling, ensuring patients receive personalized, long-term health support. If you're seeking a dependable partner for health maintenance and responsive care, we're here to help you live healthier, longer lives.

Wellington Internal MEdicine Group
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