

Know now: **One visit can lead to a healthier life**

“It’s better to be on top of things
than to be catching up.”
– Dr. Ori DeVera



An annual visit for your wellness

What if scheduling one doctor visit a year could potentially save you chronic health challenges later in life? An annual wellness visit gives you and your doctor the chance to have some one-on-one time to talk about your health and design a wellness plan just for you.

Start with a PCP

Having a PCP, or primary care physician, means you have a quarterback for your care team – a team making sure you stay your healthiest. The PCP is the doctor who’ll know you best, helping you reach your health goals while navigating any challenges.

The power of prevention

We all know it’s easier to stop a problem before it starts. This is especially true about your health, when getting the right care and screenings may catch any health issues before they become harder to treat. Regular visits with your PCP are the best way to practice preventive medicine. When you’re on an appropriate screening schedule, you may:

- Stay healthier
- Save time – or have less downtime from illness
- Save money by avoiding costlier treatments in the future

Remember – the preventive care approach gives you real power over your health – and your life. As Dr. DeVera said about his own annual wellness visits, “It’s pretty amazing...the peace of mind you can get just by getting your routine screenings.”



To find care, call 1-702-877-5199, TTY 711 and we’ll connect you with a primary care provider.

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Good health starts with a plan



What to expect from your annual wellness visit

When you go in for your first annual wellness visit, your doctor will take some time to get to know you and your health. You'll discuss your vitals, medications, family medical history, and your lifestyle. All this helps your doctor figure out exactly what you need and how to best approach your care. This can include additional screenings, in-network specialist referrals, or simple lifestyle advice to get you well on your way to wellness.

When you need more

Are you also fighting allergies? Do you have persistent back problems? If you need specialized care, your PCP can issue speedy referrals to specialists within the Optum network, making sure your care is complete.

Prioritize yourself

You should never be too busy to take care of you. With Optum, you can book an annual wellness visit that works with your schedule. All it takes is one call to start your wellness journey.

Seeing a PCP isn't hard – and it's the best way to better health. Get in for your annual wellness visit. It's simple, stress-free, and could save you time, money, and reduce health complications later in life.

Schedule your first annual wellness exam to take control of your health, your future, and your peace of mind, today.



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