

# The Personal Wellness Review

A proactive approach to helping our patients live healthier lives



## What is a Personal Wellness Review?

A Personal Wellness Review is an annual visit for our Upperline Plus patients with your Nurse Practitioner that focuses on your overall health and wellness. Rather than treating a specific condition or diagnosis, the Personal Wellness Review is a dedicated time to review your health history, identify preventative care needs, discuss health goals, and create a personalized wellness plan for you for the year ahead.

**A Personal Wellness Review helps us take a proactive approach to help you stay healthier, avoid complications, and receive the right care at the right time. During this talking visit, we:**

- ✓ Discuss your health history to date
- ✓ Check in on the things that often go unspoken — your memory, mood, sleep, and balance
- ✓ Talk about what's working and what isn't in your day-to-day
- ✓ Create a personalized wellness plan that supports your health goals



### Save yourself a trip!

We schedule your Personal Wellness Review immediately after your specialist appointment, so no need for an extra trip to the clinic.



### Save time in clinic!

By completing tasks ahead of time with a link sent directly to your phone or email, you can save time once you arrive to the clinic.

Talk with your Upperline Health Nurse Practitioner or call us at **(855) 669-7843** to schedule your Personal Wellness Review today!

