

WELLNESS CONNECT



The Importance of an Annual Physical Exam

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Choosing your primary care provider (PCP) gives you the opportunity to find your best partner in managing your health. **HCS EdHealth & Wellness providers would love to be your partners in health - and you can be seen free of charge!** Physicians, nurse practitioners and physician assistants can all serve as primary care providers. **You can establish your care with a PCP at any HCS EdHealth & Wellness clinic** or an outside provider of your choice.

What is a primary care provider (PCP)?

A primary care provider is considered your main medical practitioner, and the one who can address most of your health concerns. PCPs provide routine checkups and screenings, care for chronic conditions and treat common illnesses and injuries. **Did you know providers at the HCS EdHealth & Wellness Clinics can be your primary care provider?**

What is an annual physical exam?

Depending on your risk factors, age, lifestyle and family history, your doctor may order a variety of blood tests and other screenings during your annual physical exam. These tests can identify underlying conditions you may not be aware of, even if you aren't experiencing symptoms.

Remember, your PCP is your healthcare partner, and an annual exam is a great way to get to know your doctor – and allow your doctor to get to know you. Although you may see your PCP at other times during the year, the focus of your annual physical exam is on your overall wellness and the preventive care you need to stay healthy. By completing an annual physical and uploading your [provider form](#) to your wellness portal at hamiltoncoschools.wellright.com, you will **receive a \$100 incentive credit in December 2022.**

To learn more, click [here](#). Scheduling your annual physical exam just might be the best thing you do for your health this year! **To schedule an appointment at any HCS EdHealth & Wellness clinic, call 423-558-3111.**

HCS EDHEALTH & WELLNESS

Clinic services are available to Hamilton County Schools employees, spouses, dependents, and retirees enrolled on an HCS insurance plan. Clinic services are provided to you at no cost!

New! Updated clinic hours starting January 10, 2022. For current clinic hours, please click [here](#).

HCS Hickory Valley

3074 Hickory Valley Road, Bldg. 229
Chattanooga, TN 37421

Hours:

Monday: 8am-6pm

Tuesday: 7:30am-6pm

Wednesday: 7:30am-6pm

Thursday: 8am-6pm

Friday: 7:30am-4pm

Saturday: 8am-12pm

Walk-in Hours: Mon & Thurs: 9am-11am

Sat: 8am-12pm

HCS Hixson

4206 North Access Road
Chattanooga, TN 37415

Hours:

Monday: 7am-5pm

Tuesday-Friday: 7am-4pm

Saturday: Closed

Walk-in Hours: Wed & Fri: 1pm-3pm

HCS Riverfront

1067 Riverfront Parkway, Suite 201
Chattanooga, TN 37402

Hours: Mon-Fri: 8am-5pm

Walk-in Hours: Tues: 9am-11am

Contact us today to learn more!

P: 423-558-3111

E: patientserviceshcsde@121.health

www.hcsedhealth.com