

Health Check

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 **Kelsey-Seybold Clinic**
Changing the way health cares.™

Build Confidence in Your Health with a Routine Check-In

This Routine Visit Helps Your Health Make Sense

A well woman exam is a great first step when you're not sure where your health stands. If you've noticed a symptom you're unsure about, or it's been a while since your last visit, talking with a doctor can help you sort out what's going on and decide what should happen next. Regular visits also give you a chance to stay current on recommended screenings and to ask about changes that may not feel urgent but still concern you.

Here are some reasons to schedule a visit and what you can focus on during your exam:

Asking when you're due for a Pap or HPV test

- Tracking changes in your cycle or symptoms that feel new
- Discussing contraception, fertility, or menopause needs
- Getting guidance on pelvic pain, bleeding changes, or other ongoing symptoms
- Reviewing past abnormal results and confirming next steps
- Establishing ongoing care with an OB/GYN
- Supporting your health with recommendations for light daily movement

A routine visit also gives your doctor a chance to look at your health more broadly. They may recommend simple tests or imaging if something you mentioned needs a closer look. These steps help clarify what to expect next and determine if any kind of follow-up would be useful.

Over time, repeated well woman exams make it easier to catch changes early, adjust treatment plans, and avoid wondering whether something should have been checked sooner. They also give you a regular space to talk about new goals, questions, or concerns as different stages of life bring different needs.

Many Kelsey-Seybold locations offer on-site labs and imaging, and you don't need a referral to see an OB/GYN. Having these services in one place helps your doctor get timely information and keep your care moving without extra steps. If you already see a primary care doctor at Kelsey-Seybold, they can share your history and recent results directly with your OB/GYN so your care stays connected.

This kind of coordination reflects what national women's health experts highlight as an important part of managing your health over time, and it can make it easier to stay on track.



By

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To schedule an appointment, call **713-442-7038**
or visit **MyKelseyOnline.com** to get started.