

# Mountain Peaks Family Practice Encourages Utah County Residents to Prioritize Spring Wellness Visits

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/EINPresswire.com/ -- As spring brings renewal and fresh energy to Utah County, Mountain Peaks Family Practice is urging individuals and families to make their annual wellness visits a top priority this season.



"There's something about spring that makes it a natural time to reset and refocus," says Dr. Robert Durrans, lead physician at Mountain Peaks Family Practice. "When patients come in during these months, they tend to be more motivated, more consistent with follow-ups, and more proactive about their goals."

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*Dr. Robert Durrans, owner  
and practitioner*

Unlike visits for illness or injury, a wellness visit focuses on prevention and long-term health planning. Patients receive a thorough review of their health status, including weight and blood pressure assessments, lab work, cancer screenings (as appropriate), medication and vaccination reviews, and a mental health check-in.

"A wellness visit is a chance to take a breath, look at the big picture, and make sure nothing important slips through

the cracks," Dr. Durrans explains.

Mountain Peaks is emphasizing spring as the ideal time for these visits for several reasons:

- It aligns with life rhythms. Before summer schedules fill up and the school year ends, spring offers more availability and focus.
- It positions patients for summer. Whether the goal is travel, fitness, or more energy, wellness visits set the stage for success.
- It identifies post-winter health changes. Spring provides a moment to assess how winter

affected blood pressure, weight, or habits.

- It leaves time for action. If any screenings, referrals, or follow-ups are needed, there's time to complete them before fall.

In most cases, these visits are fully covered by insurance under preventive care benefits. That means no co-pay or deductible in many plans—making this a no-cost opportunity to prioritize your health.

"Patients are often surprised by what we catch early—a blood pressure trend, a vitamin deficiency, even signs of pre-diabetes," says Dr. Durrans. "And when we catch it early, the fixes are usually simpler, safer, and far more effective."

Mountain Peaks Family Practice is currently accepting new and returning patients for wellness visits. With a focus on personalized care and long-term wellness, the clinic invites Utah County residents to schedule their spring appointments now.

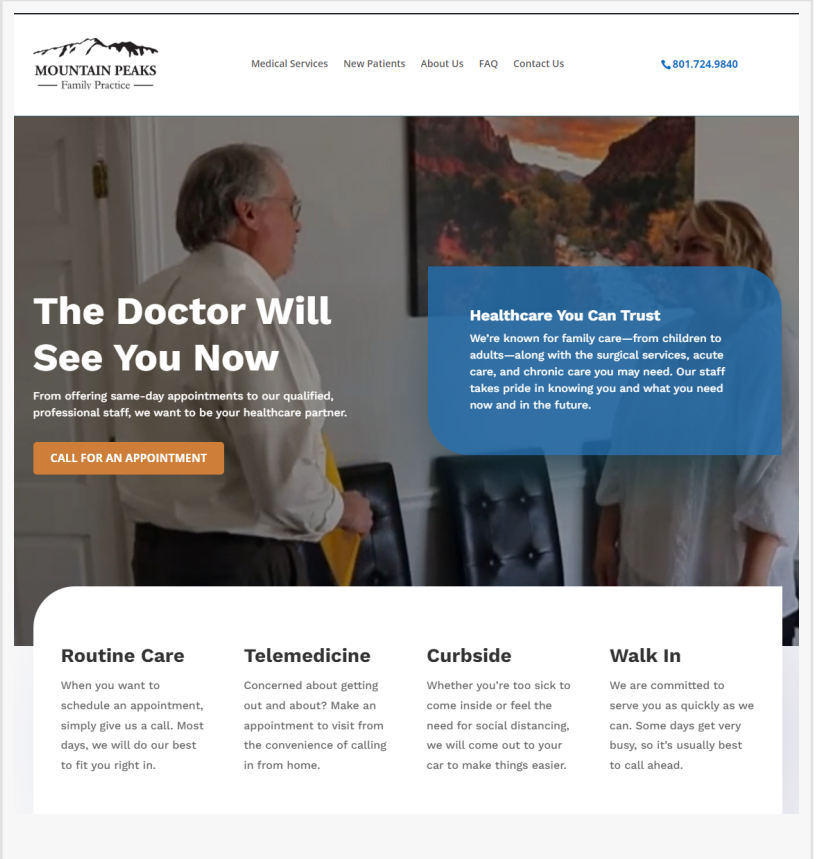
"Your wellness visit is a vote for the future you want to live—energetic, clear-minded, and in control," says Dr. Durrans. "Let this spring be the season you commit to your long-term health."

## About Mountain Peaks Family Practice

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Located in the heart of Utah Valley, Mountain Peaks Family Practice has become a cornerstone of community health by providing exceptional healthcare services for many years. From its modest beginnings, the practice has grown into a premier family healthcare provider, offering a comprehensive array of services tailored to meet the needs of individuals and families at all life stages.

Mountain Peaks Family Practice understands that excellent healthcare is built on a foundation of expertly trained and compassionate medical professionals. The team comprises dedicated medical professionals and support staff committed to delivering personalized care with professionalism and warmth. They pride themselves on creating an environment where patients feel valued and understood.

The image shows a screenshot of the Mountain Peaks Family Practice website. At the top, there is a navigation bar with the logo on the left and links for Medical Services, New Patients, About Us, FAQ, and Contact Us on the right. A phone number, 801.724.9840, is also displayed. The main banner features a photograph of a doctor in a white coat talking to a patient. Overlaid on the image is the headline "The Doctor Will See You Now" in large, bold, white text. Below the headline is a sub-headline: "From offering same-day appointments to our qualified, professional staff, we want to be your healthcare partner." and an orange button that says "CALL FOR AN APPOINTMENT". To the right of the headline, there is a blue box with the text "Healthcare You Can Trust" and a paragraph: "We're known for family care—from children to adults—along with the surgical services, acute care, and chronic care you may need. Our staff takes pride in knowing you and what you need now and in the future." Below the main banner, there are four columns of text, each with a heading: "Routine Care", "Telemedicine", "Curbside", and "Walk In". Each column contains a short paragraph describing the service.

**MOUNTAIN PEAKS**  
Family Practice

Medical Services New Patients About Us FAQ Contact Us 801.724.9840

## The Doctor Will See You Now

From offering same-day appointments to our qualified, professional staff, we want to be your healthcare partner.

[CALL FOR AN APPOINTMENT](#)

### Healthcare You Can Trust

We're known for family care—from children to adults—along with the surgical services, acute care, and chronic care you may need. Our staff takes pride in knowing you and what you need now and in the future.

#### Routine Care

When you want to schedule an appointment, simply give us a call. Most days, we will do our best to fit you right in.

#### Telemedicine

Concerned about getting out and about? Make an appointment to visit from the convenience of calling in from home.

#### Curbside

Whether you're too sick to come inside or feel the need for social distancing, we will come out to your car to make things easier.

#### Walk In

We are committed to serve you as quickly as we can. Some days get very busy, so it's usually best to call ahead.

The services at Mountain Peaks Family Practice are designed to address a broad spectrum of medical needs, ensuring accessible and continuous care for the community. Whether it's preventive care, acute treatment, or chronic disease management, the goal is to offer solutions that promote long-term health and well-being.

Discover more about how the team is ready to serve you and your family by visiting <http://mountainpeaksfamilypractice.com>.

Mountain Peaks Spokesperson  
Rainboost Digital Communications  
+1 801-361-6600

[email us here](#)

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[X](#)

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