

Mountain Peaks Family Practice Highlights Why January Is the Ideal Time for Preventive Care

Proactive Primary Care Visits Help Patients Start the Year With Clarity, Confidence, and Long-Term Health

OREM, UT, UNITED STATES, January 14, 2026 /EINPresswire.com/ -- As the new year begins, Mountain Peaks Family Practice encourages individuals and families to consider January as one of the most effective times of year to schedule preventive health visits—before minor concerns become major disruptions.

Preventive care focuses on maintaining health rather than reacting to illness. January, in particular, offers a natural reset: routines are re-forming after the holidays, insurance benefits often renew, and winter conditions can reveal subtle health changes related to energy, sleep, mood, and metabolism.

“Preventive care isn’t about looking for problems—it’s about understanding where your health stands and protecting it early,” said Dr. Robert Durrans, owner and lead physician at Mountain Peaks Family Practice. “When patients come in at the start of the year, we’re usually able to make small, thoughtful adjustments that have a meaningful impact over time.”

Unlike urgent or episodic care, preventive visits allow patients to review baseline health markers, discuss lifestyle and seasonal factors, and address questions that often get postponed when life feels busy. According to Dr. Durrans, winter months frequently surface issues such as persistent fatigue, joint stiffness, disrupted sleep, or stress—signals that are easier to interpret and manage early.



“Winter tends to expose how resilient—or stretched—our systems really are,” Dr. Durrans added. “That information helps us guide patients toward sustainable habits rather than quick fixes.”

Mountain Peaks Family Practice emphasizes a relationship-based approach to primary care, tailoring preventive visits to each patient’s medical history, family background, activity level, and personal goals. Two patients of the same age may receive very different guidance, reflecting the practice’s focus on personalized care rather than one-size-fits-all checklists.



Patients who prioritize preventive visits early in the year often report greater peace of mind and fewer unexpected health concerns later. Establishing a clear baseline in January can also help patients track progress and make informed decisions throughout the year.

“

The healthiest years aren’t built on dramatic overhauls. They’re built on consistent, informed care—starting early.”

Dr. Robert Durrans, owner and practitioner

“The healthiest years aren’t built on dramatic overhauls,” said Dr. Durrans. “They’re built on consistent, informed care—starting early.”

About Mountain Peaks Family Practice

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 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](#)

Visit us on social media:

[Facebook](#)

[X](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/883298461>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2026 Newsmatics Inc. All Right Reserved.