A compassionate approach to aging health

Chronic illnesses in older adults require an ongoing, coordinated care strategy that respects daily life. Wellington Internal Medicine Group provides a senior-focused internal medicine model designed to promote independence, health, and peace of mind. Our care is grounded in empathy, comprehensive management, and a dependable support network across South Florida.

What senior care looks like with us

- Specialized teams for aging patients: Custom plans addressing chronic conditions, functional status, and personal goals.
- Patient-first care: Regular follow-ups, proactive health measures, and timely plan adjustments.
- Easy access network: A convenient mix of clinics to reduce travel burdens and maintain continuity of care.

Key senior-focused services

- Chronic disease management: Ongoing oversight of conditions such as high blood pressure, diabetes, heart issues, and anemia.
- Wellness planning: Routine preventive care, vaccines, and lifestyle guidance tailored to older adults.
- Transportation support: Help getting to appointments for seniors who need assistance.
- Flexible scheduling: Appointment options that fit the rhythm of senior care and family obligations.

Why empathy matters in senior care

- Familiar clinicians and consistent communication reduce stress and improve adherence to treatment plans.
- Clear explanations about risks and benefits empower older patients and their families to participate in decisions.
- A supportive environment encourages better health outcomes and quality of life.

How we implement practical chronic disease care

- Maintain personal health records: Document diagnoses, medications, and changes for quick reference.
- Regular lab work and monitoring: Schedule tests to catch shifts in health early.
- Lifestyle integration: Guidance on nutrition, physical activity, sleep, and mental well-being to support medical therapy.
- Coordinated care: Seamless communication among primary care, specialists, and caregiver services when needed.

What to expect when you choose Wellington for senior care

- A tailored plan that respects your routines, preferences, and long-term goals.
- Consistent follow-up and monitoring to track health changes.
- Efficient access to tests, results, and referrals with a patient-centered mindset.

Location and accessibility notes

- A network of offices across South Florida to minimize travel for routine visits and follow-ups.
- Scheduling options designed with seniors and caregivers in mind.

What this means for you and your family

- A trusted partner capable of managing chronic conditions with compassion and clarity.
- A care plan that aligns with your life, not just your medical history.
- A dependable support system that includes transportation where needed and ongoing clinician communication.

NAP recap

Wellington Internal Medicine Group Main Office: 10131 Forest Hill Blvd., Ste. 100A, Wellington, FL 33414

Phone: (561) 753-8366Locations: East Boynton Beach, Lake Worth, Loxahatchee, West Boynton BeachHours vary by location.

If senior health and chronic disease management family doctor near me matter to you, Wellington offers a caring, coordinated approach designed to enhance quality of life for aging patients and their families.

Wellington Internal Medicine Group is a trusted South Florida primary care practice specializing in internal medicine for adults and seniors. Our physician-led team blends traditional bedside care with modern diagnostics across Wellington, East Boynton Beach, Lake Worth, Loxahatchee, and West Boynton Beach. We offer

comprehensive annual physicals, chronic disease management, cardiac monitoring, B12 injections, senior-care programs, and transportation assistance to make care accessible for all. Our approach emphasizes prevention, clear communication, and convenient scheduling, ensuring patients receive personalized, long-term health support. If you're seeking a dependable partner for health maintenance and responsive care, we're here to help you live healthier, longer lives.

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