



# The Journey to Boerne: Dr. Lydia Avila WELLMED

Dr. Lydia Avila wanted to become a doctor ever since she was a little girl when she was fortunate enough to be around a medical student and watched them practicing surgery on animals for their medical school program.

Becoming a doctor specializing in care for older adults and people with Medicare – a journey that eventually led her to the WellMed at Boerne primary care clinic -- came long after she had achieved her goal of becoming a physician.

Dr. Avila earned her medical degree from Universidad de Monterrey in Mexico. After completing some additional medical training in Monterrey, Mexico, she left for Chicago to begin her residency in Family Medicine at St. Mary and Elizabeth Medical Center. She later accepted a contract to work at the Chicago medical center. Years later, she moved to Texas.

In the Lone Star State, Dr. Avila saw an average of 18 patients a day. The workload meant she didn't get the chance to provide the care she believed her patients deserved. Dr. Avila decided she wanted to make a change. That's when she learned about WellMed, a growing healthcare company with more than 120 primary care and multi-specialty clinics in Texas and Florida, including 25 clinics in the San Antonio area. WellMed specializes in the care of older adults and patients with Medicare.



Dr. Avila discusses a treatment with her patient, Troy

Founded by Chairman and CEO Dr. George Rapier, WellMed has become known for development of the WellMed Care Model, a unique care model focused on preventive medicine. The WellMed Care Model has been cited in medical journals and other industry publications for helping patients with chronic disease states to better manage their health and achieve improved outcomes versus the overall Medicare population in Texas.



Front from Left to Right: Shileen Balero, MA; Lydia Avila, MD; Debra Lietz, RN  
Back from Left to Right: Gillerma Perez, LVN; Timothy Juarez, LVN



Dr. Avila speaks with MA Balero about her upcoming patient

This focus on prevention as intriguing to Dr. Avila. It meant she could better respond to her patients' medical issues before they became more serious. The care model encourages better communication between her staff and other doctors such as specialists who treat her patients under the coordination of the primary care physician. Her team of medical professionals, including nurse practitioners and nurses, treat her patients like family and help with health education and other medical tasks around the clinic.

As a medical provider at WellMed at Boerne for the past two years, Dr. Avila sees fewer patients in a day than is typical for a doctor working at a hospital or private practice. She is able to spend more time with her patients to really listen to them and address their medical needs. She is in a better position to explain more details about the medical problems her patients face and which treatment options will help them avoid more complications in the future.

Dr. Avila says the daily interactions with patients keep her focused on what matters most – providing exceptional care so patients can continue enjoying what they love most.

## New Patients Welcome

Now is the time to make healthcare work for you. At WellMed, we deliver a standard of care that you might only dream about. One that helps seniors live longer, healthier, happier lives.



WELLMED  
AT BOERNE

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Lydia Avila, MD

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