

America's Best in Medicine Features Brittany Barnett, APRN: Founder and Owner of Journey Health and Wellness

Advancing Personalized Primary Care and Wellness Through Compassionate, Patient-Centered Healthcare



Jonesboro, Arkansas May 12, 2026 ([Issuewire.com](https://www.Issuewire.com)) - Brittany Barnett, APRN, is a dedicated nurse practitioner, entrepreneur, and healthcare advocate with nearly sixteen years of experience in healthcare and almost six years as an advanced practice provider. As the Founder and Owner of Journey Health and Wellness, Brittany is redefining modern healthcare by blending comprehensive primary care with wellness-focused services designed to meet the evolving needs of patients and

families.

Launched initially as a telehealth business in 2024 before expanding into a full private practice in 2025, Journey Health and Wellness provides a broad spectrum of services, including primary care, aesthetics, IV wellness, hormone balancing, medical-grade skincare, and home visits. Brittany's vision was to create a one-stop healthcare destination where patients could receive attentive, personalized care in a welcoming and supportive environment.

Specializing in family practice, Brittany works with patients across all age groups, though she holds a special passion for geriatrics and pediatrics. In addition to operating her private practice, she also serves as a consulting provider at a local children's hospital, helping bridge community-based care with hospital collaboration to support comprehensive patient treatment.

"I love being able to provide care that truly meets my patients' needs," Brittany shared. "Listening, understanding, and supporting them in a way that makes them feel heard and valued is incredibly rewarding. Seeing the impact of personalized care and building lasting relationships with my patients is what I enjoy most about practicing medicine."

Brittany's path into healthcare was inspired by a deeply personal experience. At the age of seventeen, she lost her brother to cancer and witnessed firsthand the compassion and support nurses provided to her family during an incredibly difficult time. That experience ignited her desire to pursue nursing and ultimately advance her career into the nurse practitioner role, allowing her to provide more comprehensive and hands-on patient care.

She began her career working in nursing homes and geriatric care settings, where she developed a strong foundation in long-term care management and patient advocacy. Her dedication to family medicine and holistic treatment eventually led her to pursue advanced practice licensure, expanding her ability to deliver individualized care while helping fill critical gaps in today's healthcare system.

Brittany completed both her Licensed Practical Nurse (LPN) and Registered Nurse (RN) training at Ozarka College before earning her Bachelor of Science in Nursing and Master of Science in Nursing from Walden University. Her educational journey reflects her commitment to lifelong learning and professional growth.

As a business owner, Brittany intentionally designed Journey Health and Wellness around a patient-centered philosophy. By maintaining manageable patient volumes, she ensures every individual receives unhurried appointments, personalized treatment plans, and meaningful support throughout their healthcare journey. Looking ahead, she plans to continue expanding the practice by incorporating fitness, nutrition, and personal training services, further integrating preventive care and lifestyle transformation into her healthcare model.

She is also passionate about helping patients achieve sustainable wellness outcomes through balanced approaches that combine GLP-1 therapies with proper nutrition, exercise, and long-term lifestyle strategies rather than temporary solutions.

Through her work, Brittany Barnett continues to demonstrate that healthcare can be both clinically comprehensive and deeply personal. Her innovative, compassionate approach is helping patients improve not only their physical health, but also their confidence, quality of life, and long-term well-being.

On a personal note, Brittany resides in Jonesboro, Arkansas, with her husband and their three children.

Together, they enjoy traveling as a family—an inspiration behind the name “Journey Health and Wellness” and the philosophy that wellness is a lifelong journey rather than a destination.

Learn more about Brittany Barnett:

Through her America’s Best in Medicine profile, <https://americasbestinmedicine.com/connect/brittany-barnett>, or through her website, <https://journeyhealth-wellness.com/>

America’s Best in Medicine

America’s Best in Medicine is a specialist online platform dedicated to amplifying the voices of leading healthcare professionals across the United States. They bring together top healthcare providers from all specialties and cities to share expert-driven articles, research, commentary, and clinical insight. Their core purposes are to showcase excellence in healthcare, build trust between providers and the public, and ensure that expert voices are elevated and heard in shaping medicine. Through their platform, users can access a community of leaders, opportunities for providers to share expertise, and trusted guidance for patients and peers alike.

Media Contact

America's Best in Medicine

*****@americasbestinmedicine.com

1-877-346-0175

<https://americasbestinmedicine.com>

Source : Brittany Barnett

[See on IssueWire](#)