



Monthly Check-Up

Take care of yourself. We can help.

If you're a parent or caregiver, managing your own health can be a challenge. You're busy taking care of others.

We make it easy for you to take care of yourself. Come to MinuteClinic and speak with a nurse practitioner.



Don't forget to get yourself vaccinated!

Get your flu shot with your family at MinuteClinic.*

[Find out more >](#)



MinuteClinic HealthMinute

Is it a UTI? Ways to tell.

Women are at greater risk than men of getting a urinary tract infection (UTI).

Learn more about UTIs and bladder infections here.**

[Read more >](#)

3 ways to eat healthier

1. Reduce saturated and trans fats
2. Limit refined carbohydrates
3. Keep fat intake under 35% of total calories

[Find out more >](#)

Step up your fitness

Even though extreme sports grab headlines, one of the best exercises is something you do every day: walk.

Learn the benefits and how to create a routine here.

[Read more >](#)



Healthy Reminder

Weigh in at MinuteClinic

Being overweight is one risk factor that can increase your chance of developing or suffering complications from serious health problems like cardiovascular disease, diabetes and stroke.

To find out where you fit on the weight-loss spectrum, come in for an evaluation.† We'll measure your body mass index (BMI) and waist circumference. And we'll discuss ways to achieve weight-loss goals.

[Get the details >](#)

What's new at MinuteClinic

3 more clinics to serve you:

Orlando, FL
Lenexa, KS
Washington, DC

[Find locations >](#)



We're in the neighborhood

2150 EAGLE CREEK LN
WOODBURY, MN



MinuteClinic has earned The Joint Commission Gold Seal of Approval



the medical clinic in
CVS
pharmacy

*MinuteClinic vaccinates children 18 months and older in most states; 24 months and older in Massachusetts. **Only female patients ages 12 to 65 will be treated for urinary tract infections. Kidney infections not treated. Service not available in Massachusetts. †Patients must be 2 years or older. Service not available in Massachusetts.

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