



The Monthly Check-Up



Spring ahead!

As we leave winter behind, many families will start getting active outdoors. March is National Nutrition Month and a natural time to think about lighter, healthier eating. From spring sports physicals and wellness exams to seasonal allergy relief, we're here to help.*

Sports physicals**

Why wait for an appointment? Just walk in and get your athlete or camper a physical.

[Find locations >>](#)

SAVE
\$20



Health Minute

Feel better. Eat produce.

Maximize your health with at least 5 fruits and veggies a day. Here's how...

[Get details >>](#)



Quick Quiz

How true are these healthy sayings?

- A) Carrots can improve vision
- B) An apple a day keeps the doctor away
- C) Feed a cold, starve a fever

[Find out >>](#)



Timely Advice

Allergic to vacation?

These tips can help you minimize the effects of allergies when you travel.

[Learn more >>](#)



Healthy Reminder



Convenient physicals for busy families

As featured on "The Doctors"

Sports physicals help determine if it's safe for a child or teen to participate in a sport. Many teams require one to start the season. To learn more, watch us on "The Doctors." Then bring your little athlete in for his or her physical!** No appointment is necessary, and we're open on evenings and weekends.

[See clip >>](#)



We're in the neighborhood.

[Find a location >>](#)



MinuteClinic has earned
The Joint Commission Gold Seal of Approval



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*Services not available in all states

**Insurance is not accepted for physicals and payment is due at time of visit. Additional lab charges may apply. Physicals are not available in MA. Sports physicals are not available in NV. Offer expires 5/31/11.

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