

# The Monthly Check-Up



## Fall for good health.

From pumpkin picking to color tours, fall is filled with healthy adventures and nature's bounty. It's time to bring your family in for flu shots. And if you're dealing with fall allergies we've got tips and treatments to help you feel your best.

### Need a physical?

Administrative physicals now available every day.\*

[Get details >>](#)



#### Health Bytes

### It's the great pumpkin!

There's more to a pumpkin than it's orange plumpness. Take a look at these health benefits.

[Learn more >>](#)



#### Timely Advice

### Hay fever returns.

Suffering from seasonal allergic rhinitis? "The Doctors" video and info-packed article can help you understand the condition, treatment and prevention.



[Read more >>](#)

[See video >>](#)



#### Healthy Reminder

### Shingles is...

This article and video shed light on shingles, one of those illnesses that you may have heard about but don't really understand.



[Read more >>](#)

[Watch video >>](#)

### Flu shots.\*\*

Every day. No appointment needed.

**You vs Flu**  
YOU WIN with a flu shot

[Learn more >>](#)



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BLAINE, MN

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\*General medical exams for administrative purposes are not considered annual exams or well-child exams. Insurance is not accepted for physicals. Payment is due at time of visit. Additional lab charges may apply. Physicals are not available in MA.  
\*\*Patients 18 months and older. 24 months and older in Massachusetts.

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