

# Monthly Check-Up

## Welcome!

At MinuteClinic, we're always looking for ways to help you stay healthy...on your schedule.

Starting this month, the Monthly Check-Up will deliver expert advice, great tips and timely news — all to your inbox.



## FREE GIFT

as our thank you for being part of the MinuteClinic family.

[Print offer >](#)

### MinuteClinic HealthMinute

#### Is it strep?

We're taught to wonder the same thing every time we get a sore throat: Do I have strep?

More than 90 percent of the time, the answer is no.

[Read more >](#)

### 4 Ways to soothe a sore throat\*

1. Avoid airway irritants like smoke or dust.
2. Gargle warm saline.
3. Stock up on lozenges.
4. Use a pain relieving throat spray.

### How often should you get your cholesterol tested?

- Every year
- Every 3 years
- Every 5 years
- Never

[Find out >](#)

### Healthy Reminder

#### How's your heart?

Celebrate American Heart Month by getting your cholesterol checked.

Available at most MinuteClinic locations,\*\* a screening can identify high cholesterol — and help you prevent or delay the effects of heart disease.

Just walk in and find out where you stand.

[Learn more >](#)

#### What's new at MinuteClinic



Don't risk it. Get your vaccination today.

[Find a clinic >](#)