

Health And Well Being

More Ways to Get Everyday Health Care

(NAPS)—The U.S. has some of the finest, most dedicated medical professionals in the world. Yet, according to data from Gallup, 70% of Americans view the U.S. health care system negatively, with 23% saying it is in a “state of crisis” and 47% saying it has “major problems.” Long waits, rising costs and hard-to-get primary care appointments lead many people to delay or skip care. And the nation is projected to be short more than 70,000 primary care physicians by 2038, according to the Health Resources and Services Administration.

Health Care that Works for You

The good news: Everyday care may be closer than you think. Millions of patients have received acute, preventive and chronic care, quickly and conveniently, at retail health clinics across the country. More people are turning to these clinics for routine health needs, and many post prices up front so patients know what a visit costs.

Retail health destinations such as MinuteClinic®, the medical clinics located inside more than 800 CVS Pharmacy® stores nationwide, are one example. Many locations offer convenient evening and weekend hours and can provide preventive and wellness care such as women’s health, vaccinations and routine screenings; chronic condition care such as diabetes and high blood pressure management; treatment for common illnesses such as cold, flu and sore throats; and, in select markets, adult primary care. For patients who prefer not to visit in person, MinuteClinic Virtual Care is available 24/7, including holidays, for common illnesses and chronic condition management. Patients can access care with or without insurance, and an simple, transparent \$89 cash-pay option is available. MinuteClinic also offers newer digital options in select states, including message-based care for common conditions and a virtual weight loss program that may include access to GLP-1 medications, when appropriate.

High-Quality Providers Who Care

At MinuteClinic, whether receiving care in-person or virtually, you can find board-certified nurse practitioners and physician associates delivering accessible, high-quality care. These providers can diagnose and treat illnesses, order and interpret tests, manage ongoing care, and refer patients to specialists when needed. They follow nationally recognized standards and are committed to delivering the highest level of care. Virtual mental health counseling is



Long waits, rising costs and gaps in primary care are changing where people turn for everyday health needs.

provided by licensed therapists. MinuteClinic was also the first retail health care provider to receive accreditation from The Joint Commission, an independent organization that evaluates health care quality and safety, which it has maintained since 2006.

A Streamlined Experience

In addition, a new in-clinic kiosk simplifies check-in and lets patients see their place in line, so most can get a same-day appointment. Patients can also choose between in-person and virtual visits on the CVS Health® app or MinuteClinic.com. In many places, most primary care appointments are available same or next day.

Staying Healthy

Knowing where to go matters, too: Retail clinics are a good fit for a wide variety of wellness needs, but for chest pain, trouble breathing or other emergencies, call 911. There are four more steps you can take to protect your own health, according to the Centers for Disease Control and Prevention:

1. Stay at a healthy weight, exercise regularly and avoid tobacco.
2. Limit alcohol. Over time, excessive drinking can lead to high blood pressure and various cancers. By not drinking too much, you can reduce these health risks.
3. Get routine health screenings. These tests can catch health problems early, when they may be more easily treated. And many health plans cover recommended screenings, vaccines and annual wellness visits at no cost.
4. Get enough sleep. Insufficient sleep has been linked to development and poor management of conditions like diabetes, heart disease, obesity and depression. Adults should get at least 7 hours of sleep daily.

Learn More

For more information about the 195 services in addition to primary care MinuteClinic offers, visit www.MinuteClinic.com.