

convenience care clinics



Helping you and your doctor better manage your health

The Convenience Care Clinics available include:

Cigna
Medical Group
CareToday

MinuteClinic

RediClinic

Take Care Health

Target Clinic

The Little Clinic

Refer to the
directory for
a complete list
of clinics in the
Cigna network.

When you need treatment for common ailments and injuries, you have more choices. You have already come to trust the health care services offered through our broad networks of health care professionals and facilities. Now you can get high-quality, affordable services for a wide variety of routine medical conditions through Convenience Care Clinics located throughout the country.

Because we believe that your doctor has primary responsibility for your care and treatment, the results of your diagnosis and treatment are sent to your doctor with your permission. If you have a more severe condition, or require treatment in a different setting, the Convenience Care clinician will refer you to your doctor or an Emergency Room.

The medical care you receive at a Convenience Care Clinic is covered by your health plan just like any other service you receive from a health care professional. Imagine:

- Not waiting for an appointment – when you need care, you walk right in. Wait times average 15 minutes or less.
- Finding a Convenience Care Clinic in or near your favorite retail store, with hours that fit into your busy schedule.
- Receiving high-quality medical care in a facility overseen by doctors and staffed by certified nurse practitioners and physician assistants.
- Getting all this – and more – and your share of the cost for these services is the same or less than a doctor's office visit.

Consider a Convenience Care Clinic for help with the following conditions:*

Allergies	Influenza	Poison ivy
Athlete's foot	Impetigo	Pregnancy testing
Bladder infections	Laryngitis	Ringworm
Bronchitis	Minor burns, rashes or skin infections	Sinus infections
Chlamydia	Minor sunburn	Strep throat
Cold sores	Mononucleosis	Swimmer's ear
Deer tick bites	Pink eye and styes	Swimmer's itch
Ear infections		Wart removal

Clinics also provide vaccinations* for:

DTaP (Diphtheria, Tetanus, Pertussis)
Influenza
Hepatitis A & B
Polio
Meningitis
MMR (Measles, Mumps, Rubella)
Pneumonia
Td (Tetanus, Diphtheria)

* Call the clinic near you to learn which treatments are available.



As part of the Cigna Medical Group in Arizona, CareToday clinics can currently be found in the following Phoenix-area cities:

- Anthem
- Avondale
- Gilbert
- Glendale
- Laveen
- Phoenix
- Scottsdale
- Surprise
- Tolleson



Look for MinuteClinic health care centers in retail outlets like CVS/pharmacy®, Cub Foods®, and QFC in the following states:

- Arizona
- California
- Connecticut
- Florida
- Georgia
- Illinois
- Indiana
- Kansas
- Kentucky
- Maryland
- Massachusetts
- Michigan
- Minnesota
- Missouri
- Nevada
- New Jersey
- New York
- North Carolina
- Ohio
- Oklahoma
- Pennsylvania
- Rhode Island
- South Carolina
- Tennessee
- Texas
- Virginia
- Washington, DC



RediClinics can be found in select H-E-B® stores in Texas:

- Austin
- Houston
- Pasadena
- San Antonio



Take Care Health Systems provides walk-in health care services in select Walgreens® drugstores in the following states:

- Arizona
- California
- Colorado
- Delaware
- Florida
- Georgia
- Illinois
- Indiana
- Kansas
- Kentucky
- Louisiana
- Massachusetts
- Michigan
- Mississippi
- Missouri
- Nevada
- New Jersey
- Ohio
- Oklahoma
- Pennsylvania
- Tennessee
- Texas
- Wisconsin



Target Clinics can be found in select Target stores in the following states:

- Florida
- Illinois
- Minnesota
- Maryland



The Little Clinics are conveniently housed in select Kroger™ and Publix™ stores in the following states:

- Arizona
- Colorado
- Florida
- Georgia
- Kentucky
- Ohio
- Tennessee



To find a Convenience Care Clinic near you:

- Access the directory on myCigna.com or Cigna.com, or
- Call the toll-free number on your Cigna ID card.



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