

THIS ISSUE

- Flu Season Care
- Breast Cancer Awareness
- Access2day Member Survey Results

Visit your local **Access2day** clinic today for your **FREE** seasonal flu shot!

Prevention Tips

Keep hands clean by washing them with soap and water, or using hand sanitizer

Don't touch your face with unwashed hands, as it's the easiest way for germs to enter your body

Exercise and eat healthy to strengthen your immune system

And as one of the only respiratory viruses preventable by vaccination, the most important thing you can do is get your flu shot. **Stop by your local Access2day clinic today and get covered for flu season!**

Guess Who's Got You Covered for the Flu... WE DO!



Cold or Flu? Know the Difference!

With flu season just around the corner, we not only want to remind you to stop by your local Access2day clinic for your seasonal flu shot, but also help you be most prepared by knowing the differences and similarities between the common cold and influenza.

COLD	COLD & FLU	FLU
Mild Symptoms	Caused by Viruses	Severe Symptoms
Mild Fatigue	Respiratory Infection	Muscle or Body Aches
Gradual Onset	Stuffy Nose, Coughing, Sore Throat	Rapid Onset
Felt Mostly in Head and Nose		Fever, Exhaustion, Loss of Appetite

Reminder: to unlock your Access2day \$0 co-pay benefit, don't forget to identify yourself as an Access2day member when you check in at your clinic!



2022 Large Member Survey Results

97%

were seen in
30 minutes or less

96.1%

would visit an
Access2day clinic again

91.8%

were satisfied or greatly
satisfied with their
experience

Access The Care You Need Today

A range of high-quality
healthcare is available at your
local Access2day Health Clinic!
Stop by today for your:

Access2Care

Access2Exams

Access2Testing

Access2Wellness

Access2Prevention

All at no cost to you!



Early Detection and Prevention Saves Lives



THE STATISTICS ARE SIGNIFICANT:

1 in 8 women and **1 in 1000 men** will develop breast cancer during their life. But thanks to increased awareness and research, we know more than ever what steps we can take today to improve our chances of avoiding this disease and boosting our health in general.

Maintain a
Healthy Weight

Avoid
Smoking

Avoid
Alcohol

Have a
Healthy Diet

Know Your
Family History

Get Screened
Regularly

No one can predict the future, but we can all take certain steps to help prevent illness and disease. Annual checkups are a cornerstone to better health and an essential tool in detecting diseases while they are in their early, more treatable stages. For many areas of preventative care, stop by your local Access2day clinic.

FIND THE ACCESS2DAY HEALTH CLINIC LOCATION NEAREST YOU

Stay up-to-date on new locations in your area by downloading our Clinic Finder App!



Access2day Health | P.O. Box 5882, Bossier City, LA 71171-5882 | 800.797.9503

access2dayhealth.com | customerservice@access2dayhealth.com