

## THIS ISSUE

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## Know Where to Go: ER vs. Urgent Care

According to the CDC, **88%** of ER visits could have been treated in an urgent care facility. Unnecessary ER visits result in a tremendous loss of time – **and money**. Knowing where to go for care in the event of an emergency matters, and we're here to help. For more information, please see the following chart, where important guidance and information are given to best prepare you in the event of an emergency:

[CLICK HERE](#)

or Scan QR Code



## Matters of the Heart

February is  
**American Heart Awareness Month**

### Tips for Heart Disease Prevention

When it comes to your health, what's in the heart truly matters. February is American Heart Awareness month, a time when our nation focuses on the #1 killer of Americans: heart disease.

In recognition of this special month of awareness, we offer you the following tips on heart health. Together, we can fight this disease and give back to that all-important muscle that works so hard for each of us.

### Tips for a Healthy Heart

#### Don't Smoke

It's no surprise that smoking raises your blood pressure and puts stress on your heart. If you're a smoker, quitting could be one of the best decisions you ever make.

#### Eat a Healthy Diet

A heart-healthy diet consists of eating plenty of fruits, vegetables, omega-3 fatty acids, and fiber-rich whole grains, avoiding beverages that are high in sugar, and consuming less than 1,500 mg of sodium per day. (American Heart Association)

#### Know Your Family History

Knowing your family history of heart disease is one of the first and most important steps you can take to prevent

heart disease and heart attacks. Talk to your doctor about any heart-related issues that run in your family, especially if you have a parent or sibling that experienced a heart attack before age 50. (CDC)

#### Know Your Numbers

According to John Hopkins Medicine, tracking your health and fitness levels can be crucial to maintaining healthy heart numbers. Five key things to track are how many steps you take per day, cholesterol, blood sugar, hours of sleep per night, and blood pressure. High blood pressure, or hypertension, is one of the leading causes of heart disease and, with no symptoms, can only be detected by being measured.

Visit your local Access2Day clinic today for **\$0** urgent care services, including lab work and diagnostics!



## New Client Announcement!

We're pleased to introduce Meliora Landscape Group as a new Access2day Health client!



Headquartered in Ponchatoula, Louisiana, Meliora Landscape Group has been a leader in Southern Louisiana for over 18 years in providing professional landscape services. Welcome to the Access2day Health family, Meliora!



## New Clinic Announcement!

**SouthStar Urgent Care – Chalmette**  
8440 W. Judge Perez Dr.  
Chalmette, LA 70043  
505.370.7694

### 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



## How to Get the Most Out of Your Membership



**We believe that navigating through the healthcare experience shouldn't be confusing. That's why it's not, with your Access2day Health membership!**

Here are some tips on how to get the most out of your Access2day membership, to make your care experience even simpler:

- When preparing to visit an Access2day Clinic, remember to bring your health insurance card
- Simply identify yourself at check-in as an Access2day member
- The Access2day membership is for those employees and their dependents on their employer's health insurance plan

### Did you know?

Your access to **\$0** clinical care can be used for primary, preventive, and urgent care services, including:



Flu Shots

Physical Exams

X-Rays

Tetanus Shots

Labs & Diagnostics

And Much More!

**Are you interested in lowering your business costs and giving your employees access to a network of superior clinical care?**

Contact Kenny Beauvais at [kbeauvais@access2dayhealth.com](mailto:kbeauvais@access2dayhealth.com)

### FIND YOUR NEAREST CLINIC

For the most up-to-date list of Access2day Health clinics, download our Clinic Finder App!

