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Watch the Allergies Webinar

Featuring Guest Speaker
Brad Fricke, HEALTHremede,
Managing Partner

For more information on dealing with spring allergies, Access2day has you covered. Breathe easy and take control of your allergies by watching our informative webinar—Seasonal Allergies, Hay Fever, Asthma: A Preventable and Practical Approach.

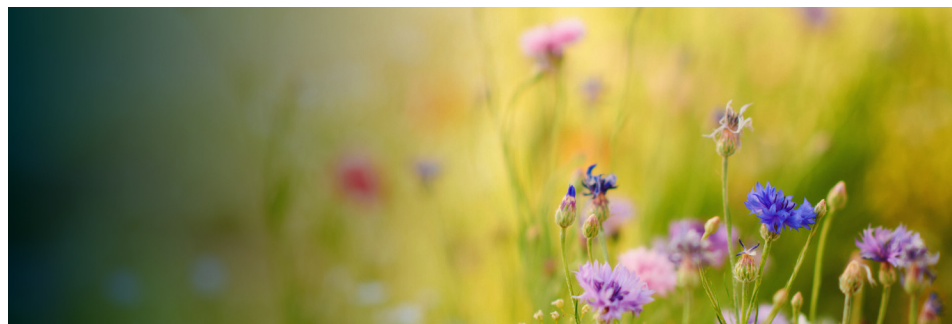
In it we cover:

- What are allergies?
- Common causes
- Symptoms of allergies
- Treatment of allergies
- Prevention and minimizing

To Watch the Webinar

[CLICK HERE](#)

or Scan QR Code



Nip Spring Allergies in the Bud with Access2day

Allergy season is no longer around the corner—it's here! From itchy eyes to endless sneezing, allergies can ruin your day and cut into your productivity, making it that much more difficult as we step into spring. Don't spend your time battling the sniffles. Access2day Health is here to help.

While it can differ from area to area, spring allergy season can begin as early as March and run its course into the beginning of summer. These allergies are commonly caused by two things: pollen and mold spores. Pollen is responsible for the sheen of yellow that inevitably coats everything, stemming primarily from trees. And while it's not as well-known, outdoor mold spores travel easily on both dry and wet days, so it's even harder to escape.

With that in mind, here are a few tips from us to help manage this allergy season:

- Watch out for dry and windy days! Pollen spreads easiest during these conditions.
- Monitor local pollen levels on the weather station or app – on days with high pollen, think about taking the day off from outdoor activities.
- Shower and change your clothes after spending time outside to get rid of pollen clinging to your skin and hair.
- Keep your doors and windows closed! The warm spring air can be tempting, but on days with high pollen, avoid inviting it right into your house.
- Look into allergy medication. Stay on top of treatment, so your allergy symptoms aren't quite as severe.

Even if you can't avoid allergy triggers, you can count on Access2day to help. With your membership, you have access to quality care without having to schedule appointments and deal with long wait times, so you can get the treatment you need today.

Visit your local Access2day clinic today for **\$0 cost** primary, preventative, and urgent care services.



New Clinics Now Open

Minden Emergent Care

1117 Homer Rd, Minden
318.371.2273

In and Out Urgent Care

100 North Labarre Rd, Suite C
Metairie, LA 70001
504.827.1717

Gretna Medical Center

315 Westbank Expressway
Gretna, LA 70053
504.364.1844

In and Out Urgent Care

6225 South Claiborne Ave
New Orleans, LA 70125
504.864.8080

In and Out Urgent Care

13130 Hwy 1085, Suite 100
Covington, LA 70433
985.809.8690

In and Out Urgent Care

925 LA-59, Suite 400
Mandeville, LA 70448
985-951-2112

SouthStar Urgent Care- Lafayette 1

6770 Johnson St., Suite B
Lafayette, LA 70503
337.326.5702

SouthStar Urgent Care- Lafayette Midtown 2

3217 Johnson St.
Lafayette, LA 70503
337.399.0067

SouthStar Urgent Care- Scott

203 Westgate Rd
Lafayette, LA 70506
337.223.8401

SouthStar Urgent Care- Rayne

1316 The Blvd
Rayne, LA 70578
337.399.0067

SouthStar Urgent Care- Vidalia

4319 Carter St.
Vidalia, LA 71373-3352
318.414.2190

Access2day at the Conferences



PJAL Annual Convention

We had a great time at the Police Jury Association of Louisiana (PJAL) Annual Convention in Shreveport! We'd like to congratulate Donna Domiano (Tangipahoa Parish) for winning our Yeti Cooler and Carl Thompson (Vernon Parish) for catching our leprechaun. Thank you to everyone that stopped by to visit us!



LASBO Spring Conference & LSBA Annual Conference

We enjoyed our time at the 2023 Louisiana Association of School Business Officials (LASBO) Spring Conference and the Louisiana School Board Annual Conference—we loved getting to connect with so many school board employees and Access2day members!



Access2day loves LA schools!

More than 500 schools and over 40 school boards across Louisiana love Access2day—and we love them right back! We were blessed to be able to attend both LASBO and LSBA, learning from and meeting with the best.

Big Savings for Employees

370,000 visits since 2015
x
\$25 (conservative copay)
=
\$9.2 million in members' pockets.

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**
- Access2Wellness**
- Access2Prevention**

Are you interested in lowering your business costs and offering your employees an Access2day clinic membership?

Contact Kenny Beauvais at kbeauvais@access2dayhealth.com

FIND YOUR NEAREST CLINIC

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

