

THIS ISSUE

- Summertime Wellness
- Men's and Women's Health Months
- Hear from a Member

Watch the Webinars

Each month, the Access2day team and healthcare experts offer educational webinars to keep you healthy and support your wellness. Scan below to browse and watch topics like:

- **7 Keys to Getting the Most from Your Membership**
- **Why Getting Your Flu Shot is More Important Than Ever**
- **What to Expect When Visiting an Access2day Clinic**
- **Discussing Women's Special Health Needs**

...and more!



EXPLORING THE BENEFITS

Employer-Sponsored Onsite/Near-Site Medical Clinics

Access2day Health COO Kenny Beauvais was proud to attend the Louisiana Bankers' Association Annual Conference in New Orleans recently. He shared insights on the growing trend of clinic-based models as a health benefit solution, informed by our experience providing care for employees nationwide.



Here are some takeaways:

- Employer-sponsored clinics and membership programs have been shown to **lower costs** for the business and **improve employee health, retention, and productivity**.
- Replacing high-cost episodic and emergency room care with clinic visits goes a long way in reducing costs. Results showed that **for every \$1 invested in clinics, employers saved at least \$1.5***.
- **9 out of 10 employers** surveyed supported the idea of a worksite clinic to improve quality, access to care, and patient satisfaction*.
- Since 2010, the prevalence of use of onsite or near-site primary care clinics for employees has risen from **20% to 31%** of U.S. employers*.

**(Mercer's National Survey of Employer-Sponsored Health Plans)*

BIG SAVINGS FOR EMPLOYEES



→ Access the Care You Need Today

A range of high-quality healthcare is available at your Access2day Health Clinic, including:

- Complete Primary Care
- Labs, X-rays and Injections
- Preventative/Wellness Care
- Acute and Episodic Care

→ Hear From Our Members

“I am six months pregnant and went to the clinic when I was not feeling well. The PA was wonderful and very proficient. She let me know immediately that she may not be able to give me certain medications, like antibiotics, during pregnancy. Once she determined my diagnosis, she called my OBGYN to confirm whether the medicine she wanted to give me could be taken or if he had any other recommendations. He is allowing me to take the medicine she suggested. She also faxed a copy of my records over to his office to keep on file in case of any issues. The communication between the two providers left me feeling confident in my course of care. I’m grateful for her help and I absolutely LOVE my Access2day Health Clinic!”

-Stephanie F.



Men’s & Women’s Health Months Highlight Better Habits for All

Though nutrition, exercise and regular checkups are important for everyone, males and females each face specific challenges with regards to maintaining good health. Women’s Health Month in May and Men’s Health Month in June both serve as a reminder to put health and wellness first.

Some health conditions which especially impact women include:

- Heart disease
- Breast cancer
- Osteoporosis
- Gynecological and reproductive issues
- Depression, including postpartum and menopausal



According to the CDC, some of the leading causes of death among men include:

- Heart disease
- Prostate, colon, and testicular cancer
- Accidental injury
- Chronic lower respiratory diseases
- Depression and anxiety (suicide)



Establishing a relationship with a primary care physician, scheduling regular visits, and getting age-appropriate screenings are key for early detection of any health issues and successfully treating them. Making sure you are maintaining a healthy weight, eating a balanced diet, getting enough sleep and water, and not smoking also reduce your risk of common and chronic health problems.

Access2day Health is here to help you prioritize your health. Visit your clinic today!

FIND THE ACCESS2DAY HEALTH CLINIC LOCATION NEAREST YOU

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



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