

THIS ISSUE

- What's New in 2022
- theClinics in Alexandria Spotlight
- Heart Healthy Living

87

Louisiana Clinics to
Serve You Better!

**HEALTHremede
Urgent Care/Primary Care**

32335 Perkins Rd
Baton Rouge

8742 Goodwood Blvd
Baton Rouge

Eastex Urgent Care
Beaumont, TX

PLUS
New Clinic Locations
coming in March!

WHAT'S NEW IN 2022

As we begin 2022 we want to share news with our members, employers and providers about our progress with our medical membership model. Our newsletter, which will be published quarterly, will highlight subjects of interest to all our members, employers and provider partners. Learn more about new clinics and the benefits of your membership to take advantage of this year!

Giving you easy access to the care you need is our priority—that's why we want to remind you of some recent updates and benefits of your membership for you and your family!

More Clinic Locations

Access2day is designed to give you convenient access to primary and urgent care. Since the start of 2022, we have added 17 new Access2day clinic locations in different areas across Louisiana and one new location in Texas.

Short Wait Time

One of the great benefits of being an Access2day member is getting fast, high-quality care with as little disruption to

your day as possible. Even through the challenges of the Covid-19 pandemic, members continue to be satisfied with their wait time and most receive care within 30 minutes.

Access2day vs. Primary Care Physician

At Access2day, we're all about you having choices and options when it comes to your care. We are simply another option for your primary and urgent care needs.

If you have any questions about your Access2day membership, please contact our customer service team at 800.797.9503.

2021 Large Member Survey Results



95 out of 100 members were seen in 30 minutes or less

94.9%
would visit a
clinic again

95.8%
ranked the clinic
as friendly

93.5%
were pleased with
their wait time

92%
were satisfied or
greatly satisfied

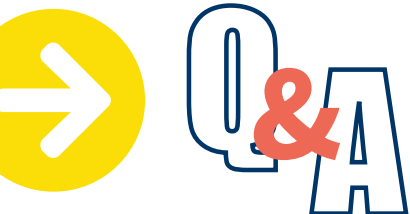
FIND THE ACCESS2DAY HEALTH CLINIC LOCATION NEAREST YOU

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



Clinic Spotlight

theClinics in Alexandria
Dr. Craig Pearce



Show Your Heart Some Love

Q: Why is heart health so important?

A: Heart disease is very common. It is the leading cause of death and disability, as well as the leading healthcare expenditure in our country. Most importantly, you have a far better quality of life without heart disease. It's much better to prevent illness and keep your heart as healthy as possible.

Q: What are the biggest risk factors of heart disease?

A: Family history, age, and sex all can have an influence on your heart health. However, there are other common risk factors you can control including hypertension, diabetes, high cholesterol and tobacco use.

Q: At what age should a person typically consult a cardiologist?

A: It really depends on your symptoms. Having dialogue with your primary care physician is extremely important because they typically monitor any symptoms you may have and then refer you to a cardiologist.

Q: What are the effects of COVID and heart disease?

A: COVID can lead to transient heart failure and heart attacks. Some patients have had continued heart failure after COVID that might not fully recover, but the vast majority of patients who have COVID-related heart failure actually improve back to baseline.

Stay heart-healthy with Access2day! Heart disease is the leading cause of death for both men and women, but taking these important steps can help lower your risk of heart disease.

Eat Healthy

What you eat matters—especially when it comes to heart health. Eating more fruits and vegetables, limiting unhealthy fats, and reducing your salt intake are all simple changes you can make toward a heart-healthy diet. Access2day clinics can provide you with wellness education to help you achieve a healthy diet.

Control Your Cholesterol

High cholesterol and blood pressure are major indicators of an increased risk for heart disease. Staying active, eating healthy, and managing stress are all ways you can keep your cholesterol and blood pressure levels in check. You can also visit your local Access2day clinic to get blood pressure and cholesterol tests at no cost!

Get Active

Having an active lifestyle is key to a healthy heart. Take a walk after a long workday or play a team sport with your friends on the weekend. Be sure to get your annual exam or routine physical before participating in any rigorous activity. You can even visit an Access2day clinic to get a routine physical or annual exam with no out-of-pocket costs or copays!

Take advantage of your Access2day membership to show your heart some love this year. Find clinics near you at access2dayhealth.com/locations.

Over 200,000 members enjoy their Access2day membership with:



NO
Co-Pay



NO
Appointment
Necessary



NO
Out-of-Pocket
Expenses



Short
Wait Time