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Visit your local Access2day clinic today for \$0 cost preventative care, including lab work and diagnostics!



A Webinar for Your Wallet

OGB members: did you know that simply getting your OGB wellness check-up at an Access2day clinic can save you \$120? It's not too late to save yourself some spending money! Check out the webinar below to learn more about how Access2day can make your health insurance cheaper with the OGB Catapult program.

CATCH THE WEBINAR

Scan to see the Live Better Louisiana Catapult Exam Webinar



Beat Back-To-School Sickness

We hear about it every year, but back-to-school sickness is nothing to sneeze at. Whether that be a common cold, the flu, or the lingering COVID-19 virus, children will be taking home plenty of germs once class is back in session. And this isn't just a problem for preschoolers—many preteens catch up to six colds per year.

Welcome to your crash course to coughs and crowded classrooms.

Eat, Sleep, Repeat

Simply washing your hands won't score you an "A+" in staying healthy this fall. Both children and parents should make an effort to eat balanced meals throughout the day. Naturally immune-boosting foods like fruits and veggies make for great snacks. But if eating healthy is challenging, vitamins and supplements can make a big difference too.

However, if students really want to go for extra credit, they should try getting a solid eight hours of sleep. With homework and studying to do, this is easier said than done, but a well-rested body has a stronger immune system and much more energy to stop germs from turning into weeks-long sicknesses.

Stay Cozy and Clean

Depending on your school's region, back-to-school season can be plenty warm, but changing weather is always a first sign of flu season. Once temperatures drop below 60 degrees Fahrenheit, warm and dry clothes can help protect students' immune systems. The same goes for rainy and snowy days too.

Finally, simply washing your hands and sanitizing common surfaces is a solid first defense against many germs. Taking a few seconds to wash up before heading to the cafeteria is a great habit for students to get into.

Check In with Your Doctor

All that said, no one can prevent themselves from ever getting sick. If you or your student is feeling under the weather, or if you're looking to get ahead on your immunizations, be sure to check in with a doctor.

And having an Access2day membership makes this all hassle-free. Whether you're looking for primary care or urgent care services, Access2day clinics provide quick and easy access to the care you need.

Put your health at the top of your to-do list! Find your nearest clinic [today](#).



Has Your Clinic Location Changed?

Our dedication to providing you with quality and affordable care will never change, but the locations of some of our clinics might. If you live in the following areas, check the link below and find your nearest Access2day clinic:

Greater NOLA
Lafayette
Covington
Vidalia
Jena

FIND MY CLINIC

Big Savings for Employees

310,000+ visits since 2012
\$11,000,000 member savings in copays and deductibles

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

Access2day Rewind

LBA Annual Convention

Access2day is here to make primary care as easy as 1-2-3. We were thrilled to attend the 123rd Annual Louisiana Bankers Convention, where we met with banking leaders from Louisiana and presented the Access2day clinic membership model.

Greater Baton Rouge SHRM Conference

Access2day sponsored the GBR SHRM breakfast event and Chief Operating Officer, Kenny Beauvais, introduced Access2day to many HR professionals, employee benefit managers, and insurance brokers in the Baton Rouge area.



Upcoming Access2day Events

LBA Human Resources & Security Conference—August 24th and 25th

For two days, Access2day is headed to NOLA to talk about employee benefits and accessible care with employers and bankers. Join us there to learn more and connect with us.

Greater Baton Rouge SHRM Conference—October 11th

This fall, Access2day is rubbing elbows with over 350 Louisiana professionals at the LBA Human Resources & Security Conference. Want to chat about what Access2day can offer your employees? We'll see you there!

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!

