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## 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



## Wellness Corner

### *Best Practices for Breathing Easy This Spring*

As the world awakens from the winter slumber, spring breathes new life into the air. However, for many, this revitalization comes hand in hand with seasonal allergies, colds, and asthma attacks. As the symptoms of these respiratory ailments often overlap, understanding their nuances is crucial, especially when considering a visit to urgent care for respiratory concerns.

#### Spring Allergies: Nature's Annual Visitor

Spring allergies, also known as allergic rhinitis or hay fever, are the body's immune system reacting to allergens like pollen, grass, or mold spores. Symptoms can include sneezing, itchy or watery eyes, nasal congestion, and a scratchy throat.

#### The Common Cold: A Seasonal Foe

The common cold is another frequent visitor during the spring months. Caused by various viruses, colds can lead to symptoms similar to allergies, such as sneezing, congestion, runny nose, and sore throat.

#### Asthma: Breathing Challenges

For individuals with asthma, spring can pose additional challenges. Asthma is a chronic respiratory condition characterized by inflammation and narrowing of the airways, leading to symptoms such as wheezing, coughing, chest tightness, and shortness of breath.

#### Navigating Respiratory Concerns with Access2day Health

Breathe easy this allergy season—we encourage you to stop by your local Access2day Health clinic today for all your primary and urgent care needs, or if you need help getting your respiratory condition properly diagnosed.

*Visit any Access2Day clinic for \$0 cost preventive care, including lab work and diagnostics!*

## We're Sweet On Our Members... And They're Sweet On Us!

At Access2day Health, nothing gives us warm and fuzzy feelings like our members getting the most out of their clinic visits and returning for more. That's why, with our 2023 survey results in, we're thrilled to announce that 99% of our members are getting the value they need from Access2day!

#### What Members Love About Access2day

- ♥ 99% Describe Access2day as "Very Important to me and my family"
- ♥ 98.2% Overall Visit Satisfaction Rate

State of Louisiana Employee Survey May–June 2023; 2,226 respondents who had visited a clinic in the last 12 months, an 11.9% response rate

**Find your nearest Access2day clinic here:**

<https://access2dayhealth.com/locations>



## Access2day Health welcomes the St. Mary Parish Sheriff's Office as the newest client of our program!

Access2day health welcomes the St Mary Parish Sheriff's Office as the newest client of our program.

St Mary Parish straddles US Hwy 90 on the coast of Louisiana between Lafayette and New Orleans. Its eastern border is the Atchafalaya River the location of its largest city, Morgan City, which is an important gateway to the Gulf of Mexico.

The Sheriff's Office participates in the Louisiana Sheriff's Association self-insured medical plan. However, since the medical plan has no copays, employees were burdened with out-of-pocket cost for any basic primary or urgent care medical services until they reached their deductible.

Fortunately, a local broker recommended that they look at Access2day Health as a method to fill in this "gap" for the employees. They found the Access2day Health program a perfect fit providing \$0 cost for primary and urgent care services for their employees at any Access2day clinic.

Also, they expect considerable claims savings which could directly impact their overall health plan costs with the Louisiana Association's self-insured program.

Access2day Health was also able to open another clinic in their parish to be able to serve all the employees of the Sheriff's Department.

## Happy Employees = Happy Group = Happy Broker

Are you a broker interested in lowering the health plan costs of your clients while improving the benefits of their employees?



*Let's Talk.*

## Getting the Most Out of Your Membership

**We believe that navigating through the healthcare experience shouldn't be confusing. Getting the care you need is simple 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:

Always remember to take your health insurance card (issued by your employer) to your Access2day Health clinic. This is required for services at the clinic. If you have been issued an Access2day Health membership card, you may present it as well. And always remember to tell the receptionist that you are an Access2day Health member.

If you do not have your membership card, you can still unlock your zero-pay benefit by identifying yourself at check-in as an Access2day member.

Your membership covers you and your covered dependents at all Access2day locations.

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

- Flu Vaccinations*
- X-Rays*
- And Much More!*
- Physical Exams*
- Labs & Diagnostics*

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## New Clinics Now Open Near You

### Delta Urgent Care

1505 U.S. Highway 90  
Morgan City  
Daily, 9a-8p  
985.745.6000

### Delta Urgent Care

1340 Grand Caillou Rd  
Houma  
Daily 9a-8p  
985.262.4424

### Patient Plus Hammond

1706 SW Railroad Ave  
Hammond  
9a-9p Daily  
985.826-7782

## Find Your Nearest Clinic

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

