



## This Issue

- Client Spotlight: St. Mary Parish
- Sheriff's Office (SMP SO)
- Welcome New Clients
- A2D News
- New Clinics Spotlight
- Top 5 Reasons to Get Your
- Annual Check-Up
- Winter Wellness Hacks



## 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



## Client Spotlight: A New Era for St. Mary Parish Sheriff's Office

In the heart of St. Mary Parish, the Sheriff's Office is actively protecting their community and now actively protect their health with their new Access2day Health membership. This membership provides **\$0** primary and urgent care to Sheriff Driskell and his team at quality, local Access2day Health clinics.

When Sheriff Driskell took office, he inherited more than a badge of authority—he inherited a workforce weighed down by rising healthcare costs. Deputies, clerks, and support staff alike faced the daunting challenge of affording medical care while juggling the demands of their jobs. For many, the \$500 deductible on their health insurance felt insurmountable. Sheriff Driskell knew they had to find a better way.

That better way came in April 2024 when the Sheriff's Office implemented the Access2day Health program. The change was immediate. "The process is working. The deputies can save money and visit the same clinics they used to have to pay for," Sheriff Driskell said. "They are very happy with the process."

He points to more than just cost savings. The program is improving morale through enhanced access to health care. "The employees are satisfied with the care they are getting, and happy not having to pay a dime out of pocket and still get excellent medical care."

And then there's the broader impact: fewer emergency room visits, fewer absences, and a healthier, more productive workforce. To ensure that employees have seamless access to care, Access2day even introduced new signage at clinics, prominently displaying participating employers, including the St. Mary Parish Sheriff's Office.

For the deputies patrolling the roads of St. Mary Parish and the staff ensuring the smooth operation of the Sheriff's Office, Access2day has become more than a benefit—it's a lifeline.

**Learn more about St. Mary Parish Sheriff's Office at [www.stmaryso.com](https://www.stmaryso.com).**

## Welcome New Clients

**We're thrilled to welcome these new clients to Access2day Health:**

- Richland Parish Sheriff's Office
- Plaquemines Parish School Board
- West Feliciana Parish Sheriff's Office



## A2D News: OGB Contract Renewal Announcement

We are thrilled to share that Access2day Health has renewed its contract with the Office of Group Benefits (OGB) for 2025. This partnership ensures continued **\$0** care for state employees, retirees, and their dependents across Louisiana.





## New Clinics Open!

*We're excited to announce new clinic openings across Louisiana:*

**Plaquemines Med Ctr Urgent Care**  
Belle Chasse

**Plaquemines Med Ctr Urgent Care**  
Port Sulphur

**Don't forget to visit these new locations for no-cost care!**

## Find Your Nearest Clinic

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



## Top 5 Reasons to Get Your Annual Check-Up

Preventive care is key to long-term health. Here's 5 reasons why you should schedule your annual check-up today:

1. Early Detection of Health Issues
2. Maintain a Baseline for Your Health
3. Update Vaccinations
4. Prevent Costly Emergencies
5. Peace of Mind

**Schedule your visit at any Access2day clinic and take advantage of our \$0 preventive care!**



## Winter Wellness Hacks: Your Survival Guide!

### 1. Hydration Isn't Just for Summer

Cold weather can fool you into drinking less water, but your body still needs hydration to maintain energy and immune function. Keep a bottle of water close and consider herbal teas to stay warm while boosting hydration.

### 2. Immunity-Boosting Foods

A robust immune system starts in the kitchen. Fill your plate with vitamin-rich foods like citrus fruits, spinach, sweet potatoes, and bell peppers. Looking for an extra edge? Add ginger and turmeric to your meals for their anti-inflammatory benefits.

### 3. Stay Active Indoors and Out

Shorter days don't mean shorter workouts. Take brisk walks, try yoga, or experiment with at-home workout videos. Movement not only builds strength but also keeps your mood elevated during the colder months.

### 4. Prioritize Preventive Care

A flu shot is your frontline defense against seasonal illness. With \$0 cost flu vaccinations at any Access2day clinic, it's never been easier to protect yourself. Schedule your visit today—no appointment necessary!

### 5. Sleep: Your Secret Weapon

Winter can disrupt sleep patterns, but rest is vital for your health. Maintain a consistent sleep schedule and create a relaxing bedtime routine to ensure you're ready to tackle each day.

From flu shots to preventive care, our clinics are here to help you navigate the season in stride. Visit any Access2day clinic for \$0 care for you and your covered dependents!