



Living Well Newsletter

A monthly e-publication provided by Esse Health

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As 2016 comes to a close, we would like to say thank you. Thank you for choosing Esse Health for all of your health needs. We greatly enjoy serving you and look forward to helping you achieve your health goals of 2017.

On behalf of all of us at Esse Health, we want to wish you Happy Holidays and a Healthy New Year!

New Esse Health Pediatric Housecalls Podcasts Available Each Week

Searching for the answer to a question about your child? Look no further! Esse Health Pediatric Housecalls has the answers. Join us each week as our board certified pediatricians discuss important topics and answer everyday questions. Click [here](#) to learn how you can listen to an episode today!



Healthy Holidays

Delicious, tempting foods are everywhere during the holidays. Click [here](#) for tips to help you stay on track with good eating and exercise habits. Also included is a recipe for baked cinnamon stuffed apples!



Esse Health Patient Portal

Don't forget to utilize the Esse Health [Patient Portal](#). You no longer have to wait until your doctor's office opens to request an appointment or seek medical advice. Thanks to the portal, you can send secure messages to your doctor's office, at a time convenient for you, to do the following:

- Request appointments
- request refills
- Ask questions regarding any prescriptions
- Seek medical advice
- Ask questions regarding your bill
- Request a referral



If you're not already signed up, ask the front desk the next time you visit one of our offices.

Upcoming Events

Mark Your Calendars!

Save the date for these upcoming events and visit our [Calendar of Events](#) for details!

Ongoing: Taking Care of Diabetes classes, Wellness Workshops, and Weight Loss Support meetings.



Providing health care to patients at 39 convenient locations across the St. Louis Metro area.

CONNECT WITH US!



www.essehealth.com

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