



Living Well Newsletter

A monthly e-publication provided by Esse Health

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Esse Health Patient Portal Now Offers An Online Bill Pay Option

The Patient Portal now offers the ability to view statements and make payments online. No more wondering if you made a payment or having to call Patient Accounts. In this article you will learn how to access your online statement along with a few frequently asked questions.

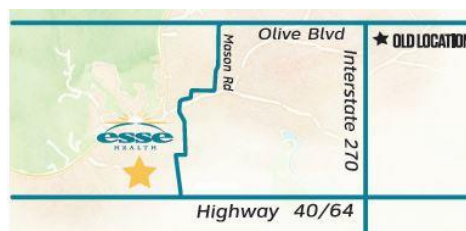
Click [here](#) for the full article.

Click [here](#) to enroll in the Patient Portal

Esse Health Creve Coeur Pediatrics Is Moving

Esse Health Creve Coeur Pediatrics is moving to a new location beginning May 2nd, 2016. Their new address will be 13001 North Outer Forty, Suite 320, Town & Country, MO 63017.

Along with a new office, they will have a new name. Esse Health Creve Coeur Pediatrics will become Esse Health Mason Road Pediatrics. Their office and name will be new, but their phone number will stay the same.



From our current location take 270 South to 40 West and exit at Mason Road.

Appointments can be made by calling 314.567.7337.

Participants For Research Study Needed

Esse Health, in conjunction with the St. Louis Center for Clinical Research, is currently conducting research studies for patients with Crohn's, Constipation-IBS and Rheumatoid Arthritis.

If you would like more information, please call 314.543.5225 to speak to a nurse regarding these clinical trials.

Build A Healthy Body With Protein

Proteins are the building blocks of our cells. Click [here](#) to learn how many grams of protein we need each day and what foods contain protein. Also included is a quick recipe for homemade ham and cheese pinwheels.



Join Us On May 14th

On Saturday, May 14th, Esse Health employees, patients, family members and friends will join thousands at Busch Stadium for the American Heart Association's annual Heart Walk and help raise awareness of heart disease and stroke.

This is the eighth year in a row that we have sponsored the event and there is still time to participate. To sign up and join the Esse Health team click [here](#). We look forward to seeing everyone there!



Upcoming Events

Mark Your Calendars!

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

AHA Heart Walk: May 14th

Senior Olympics: May 26th - 31st

Ongoing: Taking Care of Diabetes classes



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