



# Living Well Newsletter

A monthly e-publication provided by Esse Health

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## Esse Health's Patient Portal

Did you know you can now self-enroll in the Patient Portal? Esse Health's Patient Portal has many features which can save you time normally spent on the phone calling your physician's office.

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

## Esse Health Belleville Internal Medicine Welcomes New Physician and Nurse Practitioner

Esse Health Belleville Internal Medicine office welcomes board certified Internal Medicine physician Tom Bayer, M.D. and Nurse Practitioner Gaylin Manion to its practice. Both are accepting new patients at the office located at 2900 Frank Scott Parkway West, Suite 904 in Belleville, IL.



Dr. Bayer graduated from SUNY Downstate School of Medicine and completed his residency at the University of Illinois. Most Recently, Dr. Bayer practiced as a hospitalist at Mercy Hospital in St. Louis.

Manion graduated from Southern Illinois University and spent six years in critical care medicine prior to joining Esse Health. She has a strong passion for disease prevention and patient education.

Dr. Bayer and Manion join board certified physicians Eldon Trame, M.D., Mark Irwin, M.D., Laura Crandall, D.O., and Erin Friedman, D.O. Appointments with Dr. Bayer and Manion can be made by calling 618.234.0640.

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## **Esse Health Creve Coeur Pediatrics Welcomes New Nurse Practitioner**

Esse Health Creve Coeur Pediatrics welcomes board certified Nurse Practitioner Abigail Kleinschmidt to its practice. Kleinschmidt will begin seeing patients September 11th at the office located at 11630 Studt Avenue, Suite 200 in Creve Coeur, MO.

Kleinschmidt graduated from Sinclair School of Nursing. She received her Doctorate of Nursing Practice (DNP) from the University of Missouri with a research focus in pediatric severe persistent asthma and vitamin D. Kleinschmidt spent the past six years in a Pediatric Intensive Care Unit prior to joining Esse Health.



Kleinschmidt joins board certified physicians David Hartenbach, M.D., Richard Lazaroff M.D., Randall Sterkel M.D., Lora Collier, M.D., Karla Keaney, M.D., and Nurse Practitioners Jane Hoekelman, and Angela Kennedy. Appointments with Kleinschmidt can be made by calling 314.567.7337.

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## Join Us On October 10th

On Saturday, October 10th, Esse Health employees, patients, family members and friends will join many others at Creve Coeur Lake Park for the American Diabetes Association's annual Step Out Walk and help raise awareness of diabetes.



This is the ninth 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!

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## Upcoming Events

**Mark Your Calendars!**

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

**October 10th:** American Diabetes Association Step Out Walk

**Ongoing:** Taking Care of Diabetes classes.



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## CONNECT WITH US!



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