



# Living Well Newsletter

A monthly e-publication provided by Esse Health

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## Esse Health Welcomes New Physician

We're pleased to announce the addition of board certified physician [Ali Husain, M.D.](#) Dr. Husain is seeing patients at the Office of Irwin Plisco, M.D. located at 253 Dunn Rd in Florissant, Missouri.

Dr. Husain is board certified in Internal Medicine. He has a special interest in transitions of care and primary prevention of disease.

Dr. Husain joins board certified physician Irwin Plisco, M.D. Appointments with Dr. Husain can be made by calling 314.839.4554



## Winter Wellness Calendar

Click [here](#) to find fun and healthy winter activities in St. Louis!



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## New Esse Health Pediatric Housecalls Podcasts Now Available

Searching for the answer to a question about your child? Look no further! Esse Health Pediatric Housecalls has the answers. Join us as our board certified pediatricians discuss important topics and answer everyday questions. Click [here](#) to learn how you can listen to an episode today! Did you like a podcast or do you have suggestions for future podcasts? Go to our [Facebook](#) page and let us know what you think!



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## 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 a prescription
- Seek medical advice
- Ask questions about your bill
- Request a referral

Click [here](#) to enroll in the Patient Portal if you have not already signed up!

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## Upcoming Events

Mark Your Calendars!

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



**Ongoing:** Taking Care of Diabetes classes

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*Providing healthcare to patients at 41 convenient locations across the St. Louis Metro area.*

## CONNECT WITH US!



[www.essehealth.com](http://www.essehealth.com)

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Esse Health | 12655 Olive Blvd | Saint Louis, Missouri 63141 | 314-851-1000

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