



Living Well Newsletter

A monthly e-publication provided by Esse Health

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Winter Fitness

Unique fitness classes are popping up around the country and giving exercise lovers and avoiders motivation to try something new. Dietitian Mindy Musselman offers three fun fitness programs to try.



Click [here](#) for the full article

Click [here](#) to learn more about Mindy Musselman, RD, LD, CDE

New Esse Health Pediatric Housecalls Podcast Now Available

With winter in full swing you might start hearing more about the respiratory syncytial virus or RSV. But what exactly is RSV and what does it cause? Today we are joined by Dr. Theodore Kremer who is a board certified pediatrician at Esse Health Hazelwood Florissant Pediatrics. Click [here](#) to listen as we discuss what causes RSV, the symptoms you can expect and how to treat it.



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
- Pay your bill

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

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

Providing healthcare to patients at 45 convenient locations across the St. Louis Metro area.

