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DATE: Aug. 3, 2011

RELEASED FOR: Esse Health

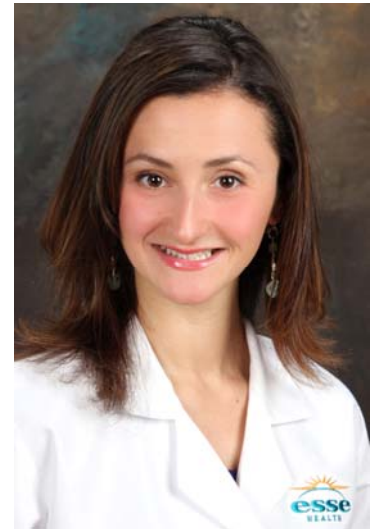
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NEWS RELEASE

Esse Health Adds Dietitian to Expand Wellness Programs

ST. LOUIS – Esse Health is proud to announce the addition of Registered and Licensed Dietitian Melinda (Mindy) [Musselman](#), RD, LD, to its staff as the physician group looks to grow its wellness programs.

Musselman has worked with patients of all ages to help them achieve their nutrition goals. In her new role with Esse Health, Musselman will primarily serve patients in the South County and Illinois offices. One of her primary responsibilities will include helping to facilitate Esse Health's monthly group help visits for patients with diabetes, called the Taking Care of Diabetes Program. These free visits give Esse Health adult patients living with diabetes and their families the extra support and care needed to successfully manage their diabetes.



"We're excited to have Mindy join our team. Offering nutrition services to our patients encourages positive behavior and lifestyle changes and helps further our goal of keeping patients well," said Carla Moore-Beckerle, Director of Clinical Programs.

A graduate of Missouri State University in Springfield, Mo., Musselman is a registered dietitian and a member of the American Dietetic Association. She also has been trained as a certified health coach. Prior to joining Esse Health Musselman worked as a dietitian for organizations such as Women, Infants and Children (WIC) and Hy-Vee.

Esse Health is a St. Louis-based physician group that strives to improve the overall well-being of its patients through patient education, lifestyle modification and prevention. With 28 locations throughout the St. Louis and Metro East area, Esse Health's services include asthma, allergy and immunology, family medicine, internal medicine, nutrition, pediatrics and radiology. Esse Health is recognized as a leader in using technology in health care and physician accountability for both quality and cost-of-care. For more information on Esse Health, visit www.essehealth.com.