



Living Well Newsletter

A monthly e-publication provided by Esse Health

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Bite Into A Healthy Lifestyle For National Nutrition Month

March is National Nutrition Month, a campaign that is sponsored by the Academy of Nutrition and Dietetics. Esse Health dietitian Lindsay Cohen discusses five simple tips which can help improve your health.



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

Click [here](#) to learn more about Lindsay Cohen, RD, LD

Esse Health Has Been Recognized As 2014 Million Hearts Hypertension Control Champion

Esse Health has been recognized by the U.S. Department of Health and Human Services' Million Hearts Initiative as a 2014 Hypertension Control Champion for its success in helping patients control their high blood pressure.

Click [here](#) to view the full article.

Join Us On May 9th

On Saturday, May 9th, 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 seventh 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 everything there!

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 any prescriptions
- Seek medical advice
- Ask questions regarding your bill
- Request a referral
- Receive test results

If you're not already signed up, ask the front desk the next time you visit one of our offices.

Esse Health Pediatric & Adolescent Medicine at Watson Road Has Moved

Esse Health Pediatric & Adolescent Medicine at Watson Road is now seeing patients at their new location located at 9580 Watson Road, Suite A, St. Louis, MO 63126. Appointments can be made by calling 314-965-5437.



Upcoming Events

Mark Your Calendars!

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

Memorial Day Weekend: 35th Annual St. Louis Senior Olympics



Ongoing: Taking Care of Diabetes classes, Wellness Workshops, and Weight Loss Support meetings.

Providing health care to patients at 36 convenient locations across the St. Louis Metro area.

CONNECT WITH US!



www.essehealth.com

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