



# Living Well Newsletter

A monthly e-publication provided by Esse Health

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## Esse Health Pediatric Housecalls Podcast Now Available On iTunes, Stitcher, and Tunein

Esse Health now has its own podcast channel, Pediatric Housecalls! Each week we interview board certified pediatricians about important topics and frequently asked questions. Follow the steps below to subscribe and listen to the Esse Health Pediatric Housecalls podcast.

### iTunes using iPhone:

- Visit the App store on your phone and download the podcast app if not already installed on your device.
- Once installed, follow the instructions to create an account.
- Once an account is created, click [here](#) to access the Esse Health Pediatric Housecalls homepage.
- Click the cloud on the right of the episode to download it straight to your phone.
- You can also click "Subscribe" to have the most recent podcast download to your phone automatically.



### Stitcher using Android or iPhone:

- Visit the App store using your device and download the Stitcher app. You can also click [here](#) to download the Stitcher app.
- Open the app and create an account.
- Once an account is created, click [here](#) to access the Esse Health Pediatric Housecalls homepage.
- Click "Episodes" at the top to view and listen to all of our published podcasts.
- You can also click the "plus" symbol on the top right to add our podcast to your favorites and receive notifications about new episodes when they are available.

Click [here](#) for additional ways to listen to the Esse Health Pediatric Housecalls podcast.

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## Keeping Your Child Healthy And In School/Daycare

Two common questions that parents ask their pediatricians are "when can my child return to school" and how long will I need to stay home with my child?" Dr. Michael Danter discusses steps to help keep your child healthy this winter season.

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

Click [here](#) to learn more about Michael Danter, M.D.

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## Text Message Appointment Reminders Coming Soon

Esse Health is pleased to announce that we will soon be offering text message appointment reminders. Patients who have a cell phone listed will receive a text reminder one day before their scheduled appointment. This is in addition to the call received 48 hours in advance.



## Start Your Day Off Right

Breakfast is the more important meal of the day. Eating breakfast helps to increase energy and can help children perform better in school resulting in higher test scores. Click [here](#) for easy breakfasts kids can make on their own and for a delicious pumpkin pie overnight oats recipe.



## Upcoming Events

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## Mark Your Calendars!

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 health care to patients at 39 convenient locations across the St. Louis Metro area.*

## CONNECT WITH US!



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

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