



Living Well Newsletter

A monthly e-publication provided by Esse Health

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Stay Fit And Have Fun During The Holidays

Wondering how to stay fit and still have fun over the holidays? Dietitian Rachel Sestrich offers tips on how to be healthy this holiday season.



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

Click [here](#) to learn more about Rachel Sestrich, RD, LD, CDE

Flu Shots Now Available

Flu shots are now available at many of our offices. The official recommendation of the Center for Disease Control and the American Academy of Pediatrics is that **everyone over the age of 6 months should get the flu vaccine.**



We only have flu shots available and will not be offering the nasal spray flu vaccine this year.

Click [here](#) to view the flu clinic schedule. If you don't see your physician's office give them a call to schedule your flu shot.

Patient Family Advisory Council Members Needed

Esse Health needs your help! We are currently looking for patients and family members to join our Patient Family Advisory Council.

Duties would include:

- Meet quarterly with other patients and family members, and with Esse Health leadership and staff
- Work as a team
- Share your experiences
- Provider feedback
- Educate leadership and staff
- Work to enhance the patient and family experience

By participating in the Patient Family Advisory Council we will provide dinner and a gas card for your time.

Click [here](#) to learn how to submit an application for the Patient Advisory Council.

Helping In The Kitchen

Looking for help in the kitchen this holiday season? Click [here](#) to find different ways your kids can help out. Also included is a recipe to make your very own pumpkin donuts!



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!



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!

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 40 convenient locations across the St. Louis Metro area.

CONNECT WITH US!



www.essehealth.com

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