



# Living Well Newsletter

A monthly e-publication provided by Esse Health

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## Healthy Holiday Eating

It can be difficult to resist all the temptations that arise over the holiday season. Luckily dietitian Rachel Sestrich has some tips to help you maintain your weight over the holidays.



Click [here](#) for the full article

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

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## Medicare Annual Enrollment Is Now Open!

Don't forget the Medicare Annual Enrollment is now open! Be sure to make your selections by December 7th!



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## 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.**



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.

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## 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!

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## 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

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

