



Living Well Newsletter

A monthly e-publication provided by Esse Health

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How to Battle a Common Cold

Currently, there is not a cure for the common cold. However, there are medications available to help with the symptoms. In this article Dr. Katherine Scrivner with [Esse Health Hazelwood Florissant Internal Medicine](#) discusses the different types of medications you can take to help lessen the symptoms of the common cold.



Click [here](#) for the full article

Click [here](#) to learn more about Katherine Scrivner, D.O.

Esse Health Office of Jerome Williams, M.D. Welcomes New Physician

[Esse Health Office of Jerome Williams, M.D.](#) welcomes Aunita Hill-Jones, M.D., MPH, FACP, to its practice. Dr. Hill-Jones will see patients at the office located at 3409 Union Blvd. in St. Louis, Missouri.

Dr. Hill-Jones is board certified in Internal Medicine. She has an interest in preventive health and is a graduate of Rosalind Franklin University of Medicine and Science. Most recently, Dr. Hill-Jones worked as an Assistant Professor in the Internal Medicine Residency Program at Saint. Louis University SLUCare Physician Group. Appointments with Dr. Hill-Jones can be made by calling 314.261.4834.



Esse Health St. Charles Complete Care Offers Pediatrics

Know someone looking for a pediatrician in St. Charles? [Dr. Theodore Kremer](#) is now seeing patients at our [St. Charles Complete Care](#) office located at 1551 Wall St., in St. Charles, MO. Appointments with Dr. Kremer can be made by calling 636.669.7006.



Type 2 Diabetes Risk Test

Concerned you might be at risk for Type 2 Diabetes? Click [here](#) to take a quick 60 second risk test from the American Diabetes Association.



Esse Health Patient Portal

Need to pay a bill and don't have a Patient Portal account? You can now pay your bill by visiting www.essehealth.com and clicking on the "Pay My Bill" tab located in the top right of the screen. All you need is your account number!



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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