



# Living Well Newsletter

A monthly e-publication provided by Esse Health

[About Us](#) [Find a Physician](#) [News](#) [Contact Us](#)

## April is World Autism Awareness Month

Did you know autism affects an estimated 1 in 59 children in the United States? Click [here](#) to learn more about about autism, how you can show your support, and how you can help raise awareness!

## Esse Health Pediatrics Is On Twitter

Esse Health Pediatrics now has its own Twitter page. @essehealthpeds focuses its attention on information and events of interest to parents and families. So if you are looking - or know someone who is looking - for parenting tips, advice or just general information about kids, click [here](#) and stay up-to-date with everything pediatrics!!!



## ST. CHARLES COMPLETE CARE IS OPEN!!!

Looking for a primary care physician in St. Charles County?? Check out our new Esse Health St. Charles Complete Care office.

Our brand new state-of-the-art office is located at 1551 Wall St., St. Charles, MO. Board certified physicians [Dr. Elizabeth Maylack](#), [Dr. Ali Husain](#) and [Dr. Erin Fick](#) are available to help you meet your adult healthcare goals. Want a pediatrician close to home? Board certified pediatrician [Dr. Ted Kremer](#) will provide personalized care to your children in a warm, friendly setting. All of the doctors in the office welcome new patients. For more information or to schedule an appointment call 636-669-7006.



## Online Bill Pay Now Available

Need to pay a bill and don't have a Patient Portal account? You can now pay your bill by visiting [essehealth.com](http://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!



---

## Join Esse Health at the 2019 AHA Heart Walk On May 18th

On Saturday, May 18th Esse Health employees, patients, family members and friends will join thousands at Busch Stadium for the American Heart Association's annual Heart Walk to help raise awareness of heart disease and stroke.



Click [here](#) to join the Esse Health team and we look forward to seeing everyone there!

---

## Upcoming Events

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

**May 18th:** AHA Heart Walk

**June 6th:** ADA Tour de Cure St. Louis

**Ongoing:** Taking Care of Diabetes classes



---

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

