



Living Well Newsletter

A monthly e-publication provided by Esse Health

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

Coronavirus (COVID-19) Scams

Many scammers are taking advantage of fears surrounding the coronavirus. The FTC has offered tips on how you can avoid these scammers. Click [here](#) to read more!



125 Things To Do With Your Kids During Quarantine

Running out of ideas on what to do with the family while practicing social distancing? Click [here](#) for 125 different things to do with your kids during the quarantine.



Coping with COVID-19

We are all learning how to cope with the changes to our lives due to the COVID-19 pandemic. One way is to keep up a daily routine. Click [here](#) to learn about other ways to help you and your family cope.



Esse Health South County Internal Medicine Welcomes New Physician

South County Internal Medicine welcomes Christopher España, M.D. to its practice. Dr. España is seeing patients at the office located at 5034 Griffin Rd. in St. Louis, Missouri.

Dr. España is board certified in Family Medicine and furthered his training by completing a fellowship in Geriatric Medicine. His interests include Osteoarthritis, Osteoporosis, nutrition in the elderly, falls, Parkinson's, depression in the elderly and end of life care. Dr. España is a Clinical Associate in the Department of Family Medicine at St. Louis University Family Practice Program. He is also an active member of Post-Acute and Long-Term Care (American Medical Directors Association) and Missouri Association of Long-Term Care Physicians. Most recently, Dr. España served as the United Health Group Missouri Medical Director for Optum. Appointments with Dr. España can be made by calling (314) 843-7333.



Esse Health Gateway Asthma & Allergy Welcomes New Physician

Esse Health Gateway Asthma and Allergy welcomes Jeremy Katcher, M.D. to its practice. Dr. Katcher will see patients at the office located at 12818 Tesson Ferry Rd. in St. Louis, Missouri.

Dr. Katcher is board certified in Allergy & Immunology and Internal Medicine. He treats conditions for patients of all ages which include environmental, food, drug, and skin allergies along with asthma, chronic cough and immune deficiency. Dr. Katcher is a fellow and active member in the American College of Allergy, Asthma & Immunology where he holds multiple positions. He is also a member of the American Academy of Allergy, Asthma & Immunology. Most recently, Dr. Katcher worked as a community allergy, asthma, immunology specialist for Mercy Clinic. Appointments with Dr. Katcher can be made by calling (314) 421-0663.



Telehealth Now Available For Diabetes

All diabetes and prediabetes group meetings have been cancelled until at least the end of May 2020 due to the coronavirus (COVID-19). Patients who would like to schedule a diabetes or prediabetes telehealth visit with a dietitian can get more information by emailing Mindy Musselman, Esse Health Wellness Program Manager, at mmusselman@essehealth.com.



COVID Companion Now Available

Want information about the coronavirus sent directly to your phone? Text ESSE to 67634 to get useful information about community resources, social distancing, home quarantine, cleaning and disinfecting, monitoring symptoms and more!!!



COVID
Companion

**Get free guidance
about COVID-19
sent to your phone.**

Text **ESSE** to **67634**
or scan this QR code with
your camera app.



©2020 ESSE HEALTH

Upcoming Events

Mark Your Calendars!

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



Providing health care to patients at 45 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

Esse Health, 12655 Olive Blvd, 4th Floor, Saint Louis, MO 63141

[SafeUnsubscribe™ {recipient's email}](#)

[Forward email](#) | [Update Profile](#) | [About our service provider](#)

Sent by mcurtis@essehealth.com in collaboration with



Try email marketing for free today!