



# Living Well Newsletter

A monthly e-publication provided by Esse Health

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## Back to School Anxiety in Kids

Now that summer vacation is at an end, and the school year is gearing up, you might notice your child seems anxious and stressed. Click [here](#) to listen as [Dr. Theodore Kremer](#) with [Esse Health Hazelwood Florissant Pediatrics](#) discusses how to identify the signs and symptoms that your child might be feeling anxious or stressed. He also offers tips on how to put them at ease.



## Dr. William Feldner is a Team Physician for USA Volleyball

Did you know [Dr. William Feldner](#) with [Esse Health Physicians at St. Clare](#) is a team physician for USA Volleyball? He was recently in Aguascalientes, Mexico with the Women's Junior National Team for the FIVB World Championships. Members of the National Team will represent the United States in the Olympic Games.



Dr. Feldner is board certified in Family Medicine and has a Certificate of Added Qualifications in Sports Medicine. He has also been recognized by the National Committee for Quality Assurance for patient care in diabetes. Dr. Feldner is currently accepting new patients. Call 314.467.1500 schedule an appointment.

## Medicare Annual Enrollment Begins October 15th!

Don't forget Medicare Annual Enrollment begins on October 15th. For more information visit <https://www.medicare.gov/> or click [here](#) to schedule a free consultation.



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## Join Esse Health at the 2019 LLS Light The Night Walk!



On Saturday, September 28th Esse Health employees, patients, family members and friends will join others at Cricket Field in Forest Park for the Leukemia & Lymphoma Society's annual Light The Night Walk. The purpose of the Walk is to raise awareness of leukemia, lymphoma, Hodgkin's disease and myeloma.

Click [here](#) to join the Esse Health team and we hope to see you on September 28th!!!

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## 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!!!



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## 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 [www.essehealth.com](http://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!



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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.*

