



Living Well Newsletter

A monthly e-publication provided by Esse Health

December 2020 Patient Newsletter

As the difficult year of 2020 comes to a close, we would like to say thank you. Thank you for choosing Esse Health for all of your health needs. Your patient-centered team greatly enjoys serving you, and we look forward to helping you achieve your health goals in 2021.

On behalf of all of us at Esse Health, we want to wish you Happy Holidays and a healthy New Year!



COVID Vaccine Information For You And Your Family

There are many questions surrounding the new vaccine. The CDC has published a page which covers eight important things to know about the new vaccine along with additional information which can be viewed by clicking [here](#).



At Esse Health, we are waiting for approval to distribute the vaccine, but as of today, we do not have any vaccine. As you can imagine, this is a rapidly developing situation. We will advise you as soon as the vaccine is available in our office and we ask for your patience.

Esse Health Washington Family Medicine Welcomes New Physician

Esse Health Washington Family Medicine welcomes Dr. Kelly Bain to its practice. Dr. Bain joins Dr. Craig Holzem at the office located at 1721 Heritage Hills Drive in Washington, MO.

A graduate of the University of Missouri School of Medicine, Dr. Bain is board certified in Family Medicine. She sees patients of all ages and has a keen interest in preventive services and chronic disease management. Dr. Bain is a member of Mission 318, a non-profit organization serving communities in St. Louis, Haiti and Yendi, Ghana. She has also been recognized as a Best Doctor in America. Prior to joining Esse Health, Dr. Bain practiced with Mercy Clinic Four Rivers. Appointments with Dr. Bain can be made by calling 636.231.6660.



Esse Health Family Focus Healthcare Welcomes New Physician

Esse Health Family Focus Healthcare welcomes Dr. Brenda Buckley to its practice, She joins Dr. Aaron Bjorn, Dr. Melissa Murray and Dr. Geoff Rutledge. Dr. Buckley will see

patients at the office located at 13303 Tesson Ferry Rd., Suite 105, St. Louis, MO.

Dr. Buckley is board certified in Family Medicine and is interested in preventive health and care of the family. Prior to joining Esse Health, Dr. Buckley practiced at Premier Medical Physicians in Fenton, MO. Appointments with Dr. Buckley can be made by calling 314.722.2862.



Esse Health Phoenix Family Medicine Welcomes New Physician

Esse Health Phoenix Family Medicine welcomes Michael Richardson, M.D. to its practice. Born and raised in Washington, Missouri, Dr. Richardson joins Dr. David Guss and Dr. Andrew Valleroy at the new office located at 3195 Phoenix Center Drive in Washington, MO.

Dr. Richardson is board certified in Family Medicine and has a special interest in preventive health and managing chronic health problems such as diabetes, hypertension and heart disease. Dr. Richardson previously practiced with Mercy Clinic Family Medicine. Appointments with Dr. Richardson can be made by calling 636.231.3020.



Patient Family Advisory Council Members Needed

Did you know Esse Health has a Patient Family Advisory Council (PFAC)? Patients and family members make up the PFAC and meet quarterly. Most recently, PFAC met in November and discussed a variety of items which included our patient survey response

rates and how they can improve, improved communication related to tests and labs, and reviewing the Esse Health Appointment Policy.

Click [here](#) to learn how to submit an application for the Patient Advisory Council.

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. Call your physician's office to schedule your flu shot today!



Esse Health's COVID-19 Safety & Wellness Plan

These are challenging times. There is a lot of information out there - some of it is accurate, but there is also a lot of misinformation. At Esse Health, we are working hard to provide you with the most accurate and up-to-date information available. Your Esse Health team is going above and beyond to keep you and our staff healthy and safe. When you visit your Esse Health office, you will find:

- Everyone is screened before entering the office
- Waiting times are limited
- Everyone - staff and patients - wear masks
- Sick patients are separated from patients in the office for regular checkups

We have increased cleaning protocols in our offices and we will continue to monitor and update these measures as new information becomes available to us.

We also urge you to continue to take measures to keep yourself and those around you safe. These measures are known to reduce the spread of the virus.

- Wash your hands often and thoroughly for at least 20 seconds
- Use hand sanitizer when washing your hands is not possible
- Practice social distancing
- Don't touch your face!!! Mouth- Eyes-Nose
- Wear a cloth face mask covering your nose and mouth when out in public

It is safe to visit your Esse Health office. If your Esse Health doctor is recommending an office visit, rest assured we are taking every precaution to keep you safe.

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

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