



Living Well Newsletter

A monthly e-publication provided by Esse Health

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Join Esse Health At The 2020 St. Louis Undy RunWalk

Did you know that colorectal cancer is the third most commonly diagnosed cancer? It's also the second leading cause of cancer death in men and women combined in the United States!!!

The Colorectal Cancer Alliance annual Undy RunWalk is Saturday, March 21st in Forest Park. Esse Health is a proud supporter of this event which provides support for patients, families, caregivers, and survivors. The RunWalk helps raise awareness of preventive measures and inspire efforts to fund critical research!

Click [here](#) to join the Esse Health team or to make a donation to the Colorectal Cancer Alliance.

2020 ST. LOUIS UndyRunWalk
colorectal cancer alliance

Join the Esse Health Team!
SATURDAY, MARCH 21, 2020
Forest Park, Upper Mundy Parking Lot @ 7:30 a.m.

Visit
bit.ly/essehealthundyrun
or scan the code to register and
make a donation to the Esse Health team.

SCAN ME

From managing chronic conditions to maintaining wellness, we're committed to your whole health.
Learn more at essehealth.com

New Esse Health Pediatric Housecalls Podcast Now Available

The Surgeon General has referred to vaping as an epidemic. In fact, 45% of high school students are vaping. We are joined by board certified pediatrician [Dr. David Hartenbach](#) with [Esse Health Mason Road Pediatrics](#). Click [here](#) to listen as we discuss the dangers of vaping and also what you should tell your children who are vaping.



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.



Providing health care to patients at 45 convenient locations across the St. Louis Metro area.

CONNECT WITH US!



www.essehealth.com

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