



# Living Well Newsletter

A monthly e-publication provided by Esse Health

## February 2021 Patient Newsletter

### COVID-19 Vaccine Registration Sites

Interested in the vaccine??? Here's a list of places holding vaccine clinics. click on the link for information on how to register for the vaccine at the location. Due to limited availability, we encourage you to register for the vaccine at multiple locations.

1. Esse Health:  
<https://www.surveymonkey.com/r/C9KSWYI>
2. St Louis City:  
[https://stlouisdph.qualtrics.com/jfe/form/SV\\_08qM4vOqB5dJniR](https://stlouisdph.qualtrics.com/jfe/form/SV_08qM4vOqB5dJniR)
3. St Louis County:  
[https://stlhealthandwellness.az1.qualtrics.com/jfe/form/SV\\_6usqgPn7mArUskZ](https://stlhealthandwellness.az1.qualtrics.com/jfe/form/SV_6usqgPn7mArUskZ)
4. St Charles County: <https://www.surveymonkey.com/r/sccmoCOVIDvax2>
5. Franklin County: <https://www.franklinmo.org/?SEC=9C427D33-FD50-4AD7-AD7E-74F56E383AA0>
6. Monroe County, IL: <https://monroecountyhealth.org/home/emergency-preparedness/covid-19/covid-19-vaccine-information/>



7. St. Clair County, IL: <https://www.co.st-clair.il.us/departments/health-department/covid-19-information/vaccine-notification>
8. SSM: <https://webforms.ssmhealth.com/COVIDVaccine>
9. BJH- [https://www.bjc.org/Coronavirus/Covid-19-Vaccines?utm\\_source=multiple%2Bsources&utm\\_medium=tv&utm\\_campaign=covid%2Bvaccine&utm\\_term=vaccine&utm\\_content=pre-register](https://www.bjc.org/Coronavirus/Covid-19-Vaccines?utm_source=multiple%2Bsources&utm_medium=tv&utm_campaign=covid%2Bvaccine&utm_term=vaccine&utm_content=pre-register)
10. Mercy: [https://www.mercy.net/forms/vaccinations/?hcmacid=a0h4p000006cqJC&utm\\_campaign=fy21\\_covid\\_vaccine\\_registration\\_missouri&utm\\_source=MediaRelations&utm\\_medium=Media\\_PR&utm\\_content=covid\\_vaccinescheduling\\_pressrelease\\_missouri](https://www.mercy.net/forms/vaccinations/?hcmacid=a0h4p000006cqJC&utm_campaign=fy21_covid_vaccine_registration_missouri&utm_source=MediaRelations&utm_medium=Media_PR&utm_content=covid_vaccinescheduling_pressrelease_missouri)
11. St. Luke's: <https://lukesvaccine.com/>

## NEW FOR 2021-Virtual Breastfeeding Classes

Are you or someone you know a new or expectant mother? We are now offering a series of virtual breastfeeding classes. Log in on February 23rd and chat with board certified pediatricians Carolyn Smith and Leanne DePalma from our Esse Health Tesson Pediatrics office as they discuss the do's and don'ts of breastfeeding.

Click [here](#) to register for the virtual class on February 23rd at 7 p.m.



## Virtual Taking Care Of Diabetes

Esse Health invites you to a virtual Taking Care of Diabetes (TCD) group meeting, from the comfort of your home! Below are the meetings for November and December. Click the date/time of the meeting(s) you want to attend to register as space is limited.

### **March: Diabetes Problem Solving and Your Yearly Diabetes Calendar**

[Friday, March 12th, 8:30 to 9:10 AM](#)

[Thursday, March 18th, 5:30 to 6:10 PM](#)

[Tuesday, March 23rd, noon to 12:40 PM](#)

### **April: Diabetes Myths Debunked**

[Friday, April 16th, noon to 12:40 PM](#)

[Tuesday, April 20th, 8:30 to 9:10 AM](#)

[Thursday, April 29th, 5:30 to 6:10 PM](#)

Once you've registered you'll receive an email to sign the consent form and the link/phone number for the virtual meeting (via Webex). You can watch via Webex or just listen via a Webex phone number. If you have any questions, please contact Mindy Musselman at 314-851-1033 or [mmusselman@essehealth.com](mailto:mmusselman@essehealth.com) . These virtual TCD meetings are free of charge.

## Esse Health Patient Portal

Need to pay a bill and don't have a Patient Portal account? You can now pay your bill by clicking [here](#) or 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!



## 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.

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