



# Living Well Newsletter

A monthly e-publication provided by Esse Health

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## June is National Safety Month

June is National Safety Month, and with fireworks stands beginning to open in the area, it is especially important to be aware of the dangers of fireworks. Click [here](#) for tips about firework safety from Kids Health and what to do if an injury occurs.



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## Hazelwood Florissant Pediatrics Now Offering Walk-in Physicals

It may be summer, but NOW is the time to schedule your child's physical. Many schools require yearly physicals for participation in sports. A physical can also help to identify and address early health concerns.

[Dr. Theodore Kremer](#), a board certified pediatrician at our [Hazelwood Florissant Pediatrics](#) office, is offering walk-in hours for physicals Monday through Friday from 9:00 a.m. to 11:00 a.m. and 1:00 p.m. to 2:30 pm. You can also schedule a physical by calling 314.838.7912.



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## Shiloh Internal Medicine is Accepting New Patients

Live in the Shiloh, IL area and need a primary care physician? [Dr. Laura Crandall](#) at our [Shiloh Internal Medicine](#) office is currently accepting new patients! She is board certified in Internal Medicine with a particular interest in health maintenance, breast cancer treatment and geriatric medicine. Dr. Crandall has also been recognized by the National Committee for Quality Assurance (NCQA)



for patient care in diabetes, heart disease and stroke. Call 618.207.6900 to schedule an appointment.

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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!!!



## 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!



## 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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