



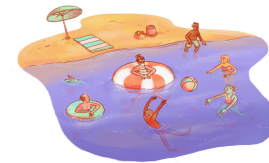
Living Well Newsletter

A monthly e-publication provided by Esse Health

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From Camping To Dining Out: Here's How Experts Rate The Risks Of 14 Summer Activities

We are hearing more and more about getting out and enjoying the summer weather. But is it safe? Click [here](#) to learn about 14 summer activities and how to minimize the risk of contracting COVID-19.



Esse Health Southroads Internal Medicine Welcomes New Physician

Southroads Internal Medicine office welcomes Aaron Guthrie, M.D. to its practice. Dr. Guthrie will see patients at the office located at 12345 West Bend Dr, Suite 300 in St. Louis, Missouri.



Dr. Guthrie is board certified in Family Medicine and has a special interest in preventative health. Prior to joining

Esse Health, Dr. Guthrie worked for Brandon Riverview Medical Associates practicing Family Medicine and Geriatrics. Appointments with Dr. Guthrie can be made by calling 314.849.6000.

Esse Health Tesson Ferry Pediatrics Welcomes New Provider

Tesson Ferry Pediatrics welcomes Leanne DePalma, M.D. to its practice. Dr. DePalma will see patients at the office located at 13303 Tesson Ferry Rd., Suite 150 in St. Louis, Missouri.



Dr. DePalma is board certified in Pediatrics and is a certified lactation consultant. Prior to joining Esse Health, Dr. DePalma worked as a pediatric hospitalist caring for infants, children, and teens in a variety of settings which include the emergency room, newborn nursery, and inpatient units. She also served as the director of the newborn nursery at Missouri Baptist Medical Center. Appointments with Dr. DePalma can be made by calling 314.842.5239.

FAQ For Patients On Resuming Care During And Post-Pandemic

Wondering if it's safe to return to your doctor's office for a visit? Or if telemedicine is covered by insurance? Click [here](#) to read a FAQ which answers these questions and more. You can also click [here](#) to read an article by The New Yorker about the importance of hygiene and more information about the 6 foot rule.

Patient Family Advisory Council Members Needed

Esse Health needs your help! We are currently looking for patients and family members to join our Patient Family Advisory Council. Duties would include:

- Meet quarterly with other patients and family members, and with Esse Health leadership and staff

- Work as a team
- Share your experiences
- Provider feedback
- Educate leadership and staff
- Work to enhance the patient and family experience

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

Upcoming Events

Mark Your Calendars!

Save the date for these upcoming events and visit our [Calendar of Events](#) for details!

- **October 10th** - Leukemia Lymphoma Society Light The Night



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