



Living Well Newsletter

A monthly e-publication provided by Esse Health

June 2021 Patient Newsletter

Interested In Your Child Receiving The COVID-19 Vaccine?

If your child is 12 years old or older, there are a few ways to schedule an appointment for them to get vaccinated.

- Text your zip code to 438829 (Getvax) and a reply text will list nearby vaccine providers
- BJC.org, Mercy.net, and SSMHealth.com all offer self-scheduling with same day and weekend appointments available in several regions
- Vaccines.gov shows nearby vaccine providers based on zip code as well



How To Give Your Kids A Safe And Fun Summer Even If They Are Not Vaccinated

Looking for things for your kids to do this summer but worried as the vaccine is not yet available for their age group? CBS News has published an article on things you can do this summer even if they're not vaccinated.

Click [here](#) to read the full article.



Beginning July 1st, Dr. James Grimes Joins Esse Health

We are pleased to announce James Grimes, M.D. will be joining Esse Health on July 1st. Dr. Grimes will practice at our new Esse Health Phoenix Family Medicine North office. The office is located at 1343 NE Service Rd. in Warrenton, MO. Appointments with Dr. Grimes can be made by calling (314) 744-6930.

Dr. Grimes is board certified in Family Medicine and has a particular interest in geriatrics. He enjoys Family Medicine as it allows him to get to know the families and take care of all generations and aspects of their health and lives. Dr. Grimes has

been recognized by the Best Doctors in America since 2012. He has also been awarded recognition by the National Committee for Quality and Assurance (NCQA) and the American Heart Association/American Stroke Association for patient care in heart disease and/or stroke. Prior to joining Esse Health, Dr. Grimes practiced with Mercy Clinic Family Medicine.



Join Us For An Open House At Our New Phoenix Family Medicine North Office

We are excited to announce Esse Health Phoenix Family Medicine North will open on July 1st! To celebrate we will be having a ribbon cutting ceremony on July 2nd. Join us at our new Phoenix Family Medicine North office located at 1343 NE Service Rd., in Warrenton, MO where refreshments will be available starting at 1:00 p.m. While you're here, take a tour of our new 3,000 sq. ft. state-of-the-art facility and ask the staff any questions you may have. We hope to see you there!



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 April through August. Click the date/time of the meeting(s) you want to attend to register as space is limited.

July: Enjoy the Best of Summer- Food, Fitness and Safety Tips

[Friday, July 9th, 8:30 a.m.](#)

[Thursday, July 15th, 12:00 p.m.](#)

[Tuesday, July 20th, 5:30 p.m.](#)

August: Strategies to Beat Diabetes Burnout

[Friday, August 13th, 8:30 a.m.](#)

[Tuesday, August 17th, 5:30 p.m.](#)

[Thursday, August 19th, 12:00 p.m.](#)

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. 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 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.