



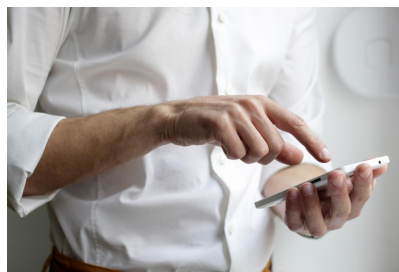
# Living Well Newsletter

A monthly e-publication provided by Esse Health

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## Telehealth Now Available

During these uncertain times, Esse Health wants you well and safe. That is why telehealth visits with your Esse Health provider are now available for certain conditions. Call your doctor's office to find out if a telehealth visit is appropriate for you and your child.



## COVID Companion Now Available

Want information about the coronavirus sent directly to your phone? Text ESSE to 67634 to get useful information about community resources, social distancing, home quarantine, cleaning and disinfecting, monitoring symptoms and more!!!

**COVID Companion**

**Get free guidance about COVID-19 sent to your phone.**

Text **ESSE** to **67634**  
or scan this QR code with your camera app.



## What You Need To Know About The Coronavirus (COVID-19)

At Esse Health we want you well which is why we have created a webpage focused solely on the coronavirus (COVID-19). This page will continue to be updated as information becomes available. Click [here](#) for more information.



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

## CONNECT WITH US!



[www.essehealth.com](http://www.essehealth.com)

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