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Living Well Newsletter

A monthly e-publication provided by Esse Health

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Summer Safety

Now that school is ending and the warm months are upon us it's important to think about summer safety! Click [here](#) to listen to Dr. Karla Keaney with Esse Health Mason Road Pediatrics discuss tips on keeping kids hydrated and safe during the summer months.



Esse Health Takes Steps for Heart Health

On Saturday, May 18th Esse Health employees, patients, family members and friends joined thousands at Busch Stadium for the American Heart Association's Annual Heart Walk. The weather was great and we are proud to be able to help the AHA raise awareness of heart disease and stroke!



This was the eleventh year in a row Esse Health has been a sponsor of the Heart Walk. A huge "thank you" to everyone who supported the Esse Health team by walking at the event or making a donation. Click [here](#) to learn more about the AHA and heart health!

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 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!

June 6th: ADA Tour de Cure St. Louis

Ongoing: Taking Care of Diabetes classes



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