



Living Well Newsletter

A monthly e-publication provided by Esse Health

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Summer Safety Tips

Now that summer is upon us it's important to remember summer safety! Click [here](#) to read about tips from the National Safety Council to keep you and your family safe this summer.



Belleville Internal Medicine Is Joining Shiloh Internal Medicine

On June 1st, Belleville Internal Medicine will join Shiloh Internal Medicine which is located at 1167 Fortune Blvd., in Shiloh, IL. Appointments with Dr. Patrick Nakashima-Moran scheduled on or after June 1st will be at the Shiloh Internal Medicine Office.



Looking for a new physician? Board certified physicians [Dr. Laura Crandall](#) and [Dr. Patrick Nakashima-Moran](#) are accepting new patients. Appointments can be made by calling 618.207.6900.

Family Focus Healthcare Is Moving

On June 1st, Family Focus Healthcare will be moving to a new location. The new office is located at 13303 Tesson Ferry Rd., Suite 105 in St. Louis. Appointments scheduled on or after June 1st will be at the new location.



Updated Patient Portal User Agreement

The new user agreement for the Patient Portal is now available. Click [here](#) to view the updated Patient Portal user agreement.



Telehealth Now Available For Diabetes

Due to COVID-19, all diabetes and prediabetes group meetings have been cancelled through the end of May. Patients who would like to schedule a diabetes or prediabetes telehealth visit with a dietitian can get more information by emailing Mindy Musselman, Esse Health Wellness Program Manager, at mmusselman@essehealth.com.



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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