



Living Well Newsletter

A monthly e-publication provided by Esse Health

May 2021 Patient Newsletter

Interested In Your Child Receiving The COVID-19 Vaccine?

We are currently scheduling Esse Health patients who are 12 years old and older for the Pfizer vaccine. If you're interested in having your child vaccinated visit <https://www.surveymonkey.com/r/C9KSWYT>. Once you submit your information your doctor's office will be in contact with you to schedule an appointment to receive the vaccine.



COVID-19 Vaccines: Myths Versus Facts

Lisa Maragakis, senior director of infection prevention, and Gabor Kelen, director of the Johns Hopkins Office of Critical Event Preparedness and Response, review some common myths surrounding the COVID vaccine and clear up confusion with facts.

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

May Virtual Breastfeeding Class

Are you or someone you know a new or expectant mother? We are now offering a series of virtual breastfeeding classes. Log in on May 19th at 7:00 p.m. and chat with board certified pediatricians Carolyn Smith and Leanne DePalma from our Esse Health Tesson Pediatrics office as they discuss the do's and don'ts of breastfeeding.

Send an email to newmoms@essehealth.com to receive the Zoom link and password for the breastfeeding class.



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.

May: All About Carbs

[Thursday, May 20th, 5:30 p.m.](#)

June: Healthy Eating Plans-What's Best for Me?

[Tuesday, June 8th, 5:30 p.m.](#)

[Friday, June 11th, 8:30 a.m.](#)

[Tuesday, June 22nd, 12:00 p.m.](#)

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.