



Living Well Newsletter

A monthly e-publication provided by Esse Health

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Healthy Eating Tips For The Holidays

With the holidays coming up and all the delicious food it sure can become difficult to eat healthy! Luckily, the CDC has published an article which includes tips for eating healthy during the holidays.

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



St. Charles Complete Care Now Offers Pediatrics

Know someone looking for a pediatrician in St. Charles? [Dr. Kremer](#) is now seeing patients at our [St. Charles Complete Care](#) office located at 1551 Wall St., in St. Charles, MO. Appointments with Dr. Kremer can be made by calling 636.669.7006.

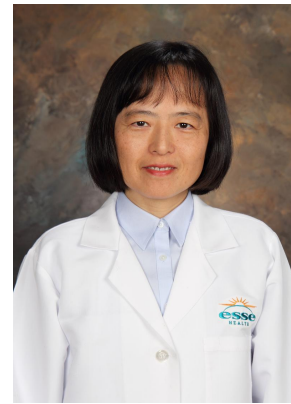


Office Of Dr. Meng Zhao, M.D. Now Open

[Dr. Zhao](#) has moved to a new location! Her new office, [Office of Meng Zhao, M.D.](#), is located at 100 Village Square in Hazelwood.

Board certified in Internal Medicine, Dr. Zhao has an interest in chronic disease management and is bilingual in Chinese and English. Dr. Zhao is accepting new

patients and appointments can be made by calling 314.722.4088.



Flu Shots Now Available

Flu shots are now available at many of our offices. The official recommendation of the Center for Disease Control and the American Academy of Pediatrics is that everyone over the age of 6 months should get the flu vaccine. Click [here](#) to view the flu clinic schedule. If you don't see your physician's office, give them a call to schedule your flu shot.



Your Opinion Matters

We want your feedback! To make it easier for you to give us feedback, we have partnered with **Press Ganey**, to deliver a shorter, more patient friendly survey. After visiting your Esse Health doctor, you may receive an email asking you about your experience. We encourage you to take a few minutes and share your thoughts with us.

A screenshot of a 'MEDICAL PRACTICE SURVEY' form. At the top is the 'Esse Health' logo. Below it is a green header bar with the title 'MEDICAL PRACTICE SURVEY'. A progress bar shows 'Progress 0%' to '100%'. The survey is titled 'CARE PROVIDER' and includes instructions: 'DURING YOUR VISIT, YOUR CARE WAS PROVIDED PRIMARILY BY A DOCTOR, PHYSICIAN ASSISTANT (PA), NURSE PRACTITIONER (NP), OR MIDWIFE. PLEASE ANSWER THE FOLLOWING QUESTIONS WITH THAT HEALTH CARE PROVIDER IN MIND.' There are three questions with a 5-point rating scale from 'Very Poor' to 'Very Good'.

	Very Poor 1	Poor 2	Fair 3	Good 4	Very Good 5
1) Concern the care provider showed for your questions or worries.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2) Explanations the care provider gave you about your problem or condition.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3) Care provider's efforts to include you in decisions about your care.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Medicare Annual Enrollment Now Open!

Don't forget Medicare Annual Enrollment will end on December 7th! For more information visit <https://www.medicare.gov/> or click [here](#) to schedule a free consultation.



Type 2 Diabetes Risk Test

Concerned you might be at risk for Type 2 Diabetes? Click [here](#) to take a quick 60 second risk test from the American Diabetes Association.



Online Bill Pay

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!



Ongoing: Taking Care of Diabetes classes

Esse Health | 12655 Olive Blvd, 4th Floor, St. Louis, MO 63141 | 314.851.1000.

Providing healthcare to patients at 45 convenient locations across the St. Louis Metro area.



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