



# Living Well Newsletter

A monthly e-publication provided by Esse Health

## November 2020 Patient Newsletter

### Celebrating Thanksgiving During COVID

With the holidays right around the corner there have been a lot of questions about how to stay safe during COVID while still spending time with family. The CDC just published tips on how to keep you and your family safe during this holiday season. Click [here](#) to learn more.



### 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.



## 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. Call your physician's office to schedule your flu shot today!



## 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.

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