



Living Well Newsletter

A monthly e-publication provided by Esse Health

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Helping Kids Cope While Sheltering In Place

Over a quarter of the country is now "sheltering in place" to at least some extent. Many kids are engaged in virtual or online learning, either full-time or as part of a "hybrid" school schedule which can be stressful for both children and parents. Child Psychiatrist Katie Wilson, M.D. offers tips to help parents during this stressful time.



Click [here](#) for the full article.
Click [here](#) to learn more about Dr. Wilson.

Mercy Providers Joining Esse Health!

David Guss, M.D.

We are pleased to announce Dr. David Guss will be joining Esse Health on November 1st, 2020. Dr. Guss will see patients at our new Esse Health Phoenix

Family Medicine office located at 3195 Phoenix Center Drive in Washington, MO.

Dr. Guss is board certified in Family Medicine. He sees patients of all ages and has a particular interest in preventing disease, advising about life's risks, and managing diseases. Dr. Guss has been recognized by the National Committee for Quality Assurance (NCQA) and the American Diabetes Association (ADA) for patient care in Diabetes. He has also been recognized as a Best Doctors in America since 2009. Prior to joining Esse Health, Dr. Guss practiced with Mercy Clinic Family Medicine. Appointments with Dr. Guss can be made by calling 314-851-1114.



Andrew Valleroy, M.D.

We are pleased to announce Dr. Andrew Valleroy will be joining Esse Health on November 1st, 2020. Dr. Valleroy will see patients at our new Esse Health Phoenix Family Medicine office located at 3195 Phoenix Center Drive in Washington, MO.

Dr. Valleroy is board certified in Family Medicine with a particular interest in chronic disease management, preventive care, sports medicine and concussion care. Prior to joining Esse Health, Dr. Valleroy practiced with Mercy Clinic Family Medicine. Appointments with Dr. Valleroy can be made by calling 314-851-1114.



Dermond Henry D.O.

We are pleased to announce Dr. Dermond Henry will be joining Esse Health on November 1st, 2020. Dr. Henry will see patients at Esse Health St. Charles Complete Care located at 1551 Wall Street, Suite 400 in St. Charles, MO.

Dr. Henry is board certified in Family Medicine and has a special interest in hypertension and Osteopathic Manipulative Therapy. Prior to joining Esse Health, Dr. Henry practiced at Primary Care at Mercy Family. Appointments with Dr. Henry can be made by calling 636-669-7006.

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!



Taking Care Of Diabetes Now Available Virtually

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 November and December. Click the date/time of the meeting(s) you want to attend to register as space is limited.

Enjoy a Healthy Holiday Season

[Friday, November 13, 8:30 am](#)

[Thursday, November 19, 12:00 pm](#)

Carb Counting and The Healthy Plate

[Monday, December 7, 12:00 pm](#)

[Friday, December 11, 8:30 am](#)

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'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.

Providing health care to patients at 46 convenient locations across the St. Louis Metro area.

CONNECT WITH US!



www.essehealth.com

Esse Health | 12655 Olive Blvd | Saint Louis, Missouri 63141 | 314-851-1000

Esse Health, 12655 Olive Blvd, 4th Floor, Saint Louis, MO 63141

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