



August 2021 Patient Newsletter

FDA Approves First COVID-19 Vaccine

The U.S. Food and Drug Administration approved the first COVID-19 vaccine. The Pfizer-BioNTech COVID-19 Vaccine has been marketed as Comirnaty. Comirnaty is a vaccine indicated for active immunization to prevent coronavirus disease 2019 (COVID-19) caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) in individuals 16 years of age and older. The vaccine also continues to be available under emergency use authorization (EUA), for individuals 12 through 15 years of age. Click [here](#) to learn more about the Pfizer-BioNTech COVID-19 Vaccine approval.



Interested in receiving the COVID-19 vaccine? Below are a few options to find a vaccine provider near you!

- Text your zip code to 438829 (Getvax) and a reply text will list nearby vaccine providers
- [BJC.org](#), [Mercy.net](#), and [SSMHealth.com](#) all offer self-scheduling with same day and weekend appointments available in several regions
- [Vaccines.gov](#) shows nearby vaccine providers based on zip code as well

As School Starts Again, Here's How To Keep Kids Safe From COVID

With schools starting and children who are younger than 12 years old not being eligible for the vaccine, many parents are asking "how do I keep my child safe during the pandemic?" Click [here](#) to listen to a podcast by NPR about how to keep your child safe and what to do if your child tests positive for COVID.



On September 1st, Dr. Fabian Oechsle Joins Esse Health

We are pleased to announce Fabian Oechsle, M.D. will join Esse Health on September 1st. He will see patients at Esse Health St. Charles Complete Care located at 1551 Wall St. in St. Charles, Missouri. Dr. Oechsle joins Dr. Dermond Henry, Dr. Elizabeth Maylack, Dr. Wendy Meyr-Cherry, Dr. Christopher Normile, and Nurse Practitioner Megan McLean.

Born in Germany, Dr. Oechsle grew up in Australia before moving to the United States to play college baseball. He is a graduate of the Ross University School of Medicine. Dr. Oechsle completed his residency at the University of Arkansas School of Medicine in Texarkana, Arkansas, where he served as Chief Resident while working as an Emergency Room physician. Board certified in Family Medicine, Dr. Oechsle has a particular interest in preventative care and geriatrics. Appointments with Dr. Oechsle can be made by calling 636.669.7006.



Office of Sri Kolli, M.D. is Moving September 7th

On September 7th, Dr. Sri Kolli will be at a new location! Her new office, Office of Sri Kolli, M.D., will be located at 416 Old Smizer Mill Road in Fenton next to the Dierbergs Market.

With a new office comes a new phone number. Dr. Kolli's new phone number is 314.467.1590. Appointments scheduled with Dr. Kolli on or after September 7th will be at her new Fenton location.



Medicare Annual Enrollment Begins October 15th!

Don't forget Medicare Annual Enrollment begins October 15th. For more information visit <https://www.medicare.gov>.



Join Esse Health at the 2021 LLS Light The Night Walk

On Saturday, October 16th, Esse Health employees, patients, family members and friends will join others at Cricket Field in Forest Park for the Leukemia & Lymphoma Society's annual Light The Night Walk.

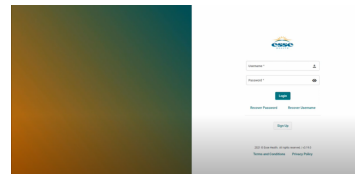
The purpose of the Walk is to raise awareness of leukemia, lymphoma, Hodgkin's disease and myeloma. Click [here](#) to join the Esse Health team. We hope to see you on October 16th!!!



NEW Esse Health Patient Portal App Now Available

The new Esse Health Patient Portal app is now available!!! Using the new app, you can request appointments, receive test results, pay your bill online and so much more!

Click [here](#) to watch a video tutorial of the new Esse Health Patient Portal and the changes we've made!



Click [here](#) to download the app from the Apple Store.

Click [here](#) to download the app from the Google Play Store.

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

September: Your Top Diabetes Questions and Answers

[Friday, September 10th, 8:30 a.m.](#)

[Thursday, September 16th, 5:30 p.m.](#)

October: Blood Sugar Testing Troubleshooting and Lower Carb Sweets

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

[Tuesday, October 19th, 5:30 p.m.](#)

[Thursday, October 21st, 12:00 p.m.](#)

November: Enjoy a Healthy Holiday Season

[Friday, November 5th, 8:30 a.m.](#)

[Tuesday, November 9th, 5:30 p.m.](#)

December: Traveling and Dining Out with Diabetes

[Friday, December 10th, 8:30 a.m.](#)

[Tuesday, December 14th, 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'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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