



# Living Well Newsletter

A monthly e-publication provided by Esse Health

## July 2021 Patient Newsletter

### Ribbon-Cutting Celebrates Phoenix Family Medicine North Grand Opening

Phoenix Family Medicine North held a ribbon-cutting ceremony to celebrate the grand opening of their new state-of-the-art facility. Located at 1343 NE. Service Rd. in Warrenton, MO, Dr. James Grimes and Nurse Practitioner Jennifer Gradel are accepting new patients. Appointments can be made by calling (314) 744-6930.



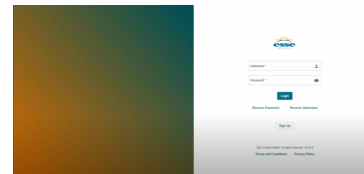
### NEW Esse Health Patient Portal App Now Available

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 tutorial video 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.



### Interested In Your Child Receiving The COVID-19 Vaccine?

If your child is 12 years old or older, there are a few ways to schedule an appointment for them to get vaccinated.

- 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

## July Is National Ultraviolet Safety Month

July is National Ultraviolet Safety Month and it's important to protect yourself from the sun while outside. Click [here](#) to learn how to stay safe in the sun from the American Cancer Society.



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

### **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](mailto: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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