



# Living Well Newsletter

A monthly e-publication provided by Esse Health

## December 2021 Patient Newsletter

2021 has been a year of ups and downs. As we try to navigate the new norm, we would like to say thank you. Thank you for choosing Esse Health for all of your health needs. Your patient-centered team is grateful for the opportunity to serve you and we look forward to helping you achieve your health goals in 2022. Happy Holidays and a healthy New Year from all of us at Esse Health!



### Esse Health Watson Primary Care Welcomes New Physician

We are pleased to announce Cherry Cockrell, M.D. will join Esse Health Watson Primary Care on January 1st! Located at 7419 Watson Road in St. Louis, Dr. Cockrell joins Dr. Brian Bergfeld, Dr. Mark Fogarty, and Dr. Radha Patnana, along with Nurse Practitioners Stephanie Bingham and Allison Shenker.

A graduate of the University of Oklahoma College of Medicine, Dr. Cockrell has a special interest in weight management and obesity medicine. She is board certified in Family Medicine and Obesity Medicine and enjoys helping patients understand their health and how they can achieve their wellness goals.

Appointments with Dr. Cockrell can be made by calling (314) 400-3360.



### Esse Health Patient Portal

Need to pay a bill and don't have a Patient Portal account? You can now pay your bill by clicking [here](#) or visiting

[www.essehealth.com](http://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!



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

### **January: Whole Foods for a Wholesome New Year**

[Friday, January 21st, 8:30am](#)

[Tuesday, January 25th, 12:00pm](#)

### **February: Simply Sweet: Sugar, Substitutes and Sweeteners**

[Friday, February 18th, 8:30am](#)

[Tuesday, February 22nd, 12:00pm](#)

### **March: Green Foods: Vegetables, Herbs, and Leafy Greens**

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

[Tuesday, March 15th, 12:00pm](#)

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. 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.

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

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