



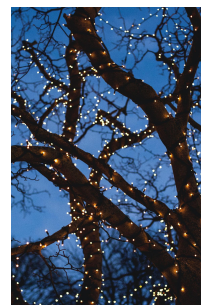
Living Well Newsletter

A monthly e-publication provided by Esse Health

November 2021 Patient Newsletter

Fun For The Holidays

The holidays are on the horizon and family members will be on their way to St. Louis. You then find yourself asking what can we do around St. Louis to keep them entertained? Well the folks at Explore St. Louis have you covered. Click [here](#) to see all St. Louis has to offer during the holiday season.



Shiloh Internal Medicine Recognized By NAMI (National Association for Mental Illness)

In May 2021, the National Association for Mental Illness (NAMI) had their annual fund raiser Walk. The funds from this Walk go towards raising awareness and funding services for patients and their families here in the greater Metro St. Louis area. The services offered by NAMI are at no cost to the patient or family member needing assistance.

This year, Shiloh Internal Medicine formed a team called NAMI-STE and together raised over \$13,000 for NAMI and won the Top New Team award.



November Is National Diabetes Month

Did you know November is National Diabetes Month? At Esse Health, We Want You Well which is why we offer virtual Taking

Care of Diabetes (TCD) group meetings which you can attend from the comfort of your own home! Below are the available classes offered through the end of 2021. Click the date and time of the meeting(s) you want to attend below to register as space is limited.



December: Traveling and Dining Out with Diabetes

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

[Tuesday, December 14th, 12:00 p.m.](#)

Medicare Annual Enrollment Ends on December 7!

Don't forget Medicare Annual Enrollment ends on December 7th.

For more information visit <https://www.medicare.gov>.



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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