



Living Well Newsletter

A monthly e-publication provided by Esse Health

February 2022 Patient Newsletter

February is American Heart Month

Did you know heart disease is the leading cause of death in the United States? About half of all Americans have at least 1 of 3 key risk factors for heart disease. Click [here](#) to learn more about heart disease and what you can do to help lower your risk!



Dr. Hill-Jones Featured in the St. Louis American Newspaper

Our very own [Dr. Aunita Hill-Jones](#) was featured in the Healthcare Careers section of the St. Louis American! [Click](#) here to learn about more about Dr. Hill-Jones and why she decided to become an Internal Medicine physician.



Esse Health Patient Portal

Don't forget to utilize the Esse Health Patient Portal. Thanks to the Portal, you can send secure messages to your doctor's office, at a time convenient for you, to do the following:

- Request appointments
- Request refills
- Ask questions regarding a prescription
- Ask questions about your bill
- Request a referral
- Pay your bill



Click [here](#) for more information and to download the Patient Portal app!

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.

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

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

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

April: Glycemic Index: The Sugary Effect of Foods

[Friday, April 22nd, 8:30 a.m.](#)

[Tuesday, April 26th, 12:00 p.m.](#)

May: Importance of Exercise: Longevity and Recovery

[Friday, May 20th, 8:30 a.m.](#)

[Tuesday, April 26th, 12:00 p.m.](#)

June: Summer Tips: Food, Fun, and the Sun!

[Friday, June 24th, 8:30 a.m.](#)

[Tuesday, June 28th, 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. These virtual TCD meetings are free of charge.