

January 2022 Patient Newsletter

January is National Bath Safety Month

Each year many children receive injuries sustained while taking a bath. With January being National Bath Safety Month, Healthychildren.org has offered safety tips to help keep your infant and young child safe. Click [here](#) to read the full article.

New Year's Resolution Goals Start With SMART Goals

It's important to remember that New Year's resolutions and successful goal planning start with SMART goals!

- **SPECIFIC:** detailed and narrow, avoid being vague
- **MEASURABLE:** provides evidence on progress
- **ATTAINABLE:** the goal must be reasonable
- **RELEVANT:** should align with values & long-term objectives
- **TIME ORIENTED:** establish an end date that is realistic

Esse Health Patient Portal

Don't forget to utilize the Esse Health Patient Portal. You no longer have to wait until your doctor's office opens to request an appointment or seek medical advice. 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 Seek medical advice
- 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.

January: Whole Foods for a Wholesome New Year

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

February: Simply Sweet: Sugar, Substitutes and Sweeteners

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

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

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

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

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

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.

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