

April 2022 Patient Newsletter

Esse Health is proud to announce its partnership with the National Alliance on Mental Illness (NAMI)

Did you know 1 in 5 people live with a mental illness? Chances are you or someone you know has been affected by mental illness. At Esse Health, we believe taking care of your mental health is just as important as taking care of your physical health. That's why Esse Health is working with NAMI to bring public awareness about mental health

On Saturday, May 14th, Esse Health employees and patients will join with NAMI for the 2022 NAMI Walk in Creve Coeur Park. NAMI is the leading voice on mental health, providing support and education throughout our St. Louis Community. We are proud of our own Dr. Laura Crandall from Esse Health Shiloh Internal Medicine who serves on the NAMI Board of Directors.

There are many reasons why individuals attend the Walk. Click [here](#) to find out why Dr. Crandall and others choose to walk. Click [here](#) to join the Esse Health team or to make a contribution. We look forward to seeing you at the Walk on May 14th!

April is National Stress Awareness Month

Stress Awareness Month has been recognized every April since 1992, but now because of the last few years it's particularly important. Learning to cope with stress and finding healthy ways to deal with these situations can go a long way. Click [here](#) to learn more about stress and what changes you can make to improve your stress from the American Institute of Stress.



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

April: Glycemic Index: The Sugary Effect of Foods

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

May: Importance of Exercise: Longevity and Recovery

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

[Tuesday, May 24th, 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.

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