

## May 2022 Patient Newsletter

### The Importance of Emotional Health in Children

Emotional health in children is extremely important. In this article, Dr. Melissa Roewe with Esse Health O'Fallon Pediatrics discusses the different ways in which to address and improve a child's emotional health.

Click [here](#) to read the full article

Click [here](#) to learn more about Dr. Melissa Roewe

### Esse Health Midwest Medicine Welcomes New Physician

We are pleased to announce Matthew Zimmerman, D.O. will join Esse Health Midwest Medicine on June 1st! Located at 13303 Tesson Ferry Rd., Suite 53 in St. Louis, Dr. Zimmerman joins Dr. Jason Hand.

Board certified in Family Medicine, Dr. Zimmerman is a graduate from Michigan State University College of Osteopathic Medicine. He has a wide range of interests which include musculoskeletal disorders, diabetes, hypertension, thyroid disorders, and skin abnormalities. Prior to joining Esse Health, Dr. Zimmerman practice at Sage Family Practice and worked in an outpatient rural clinic fulfilling his commitment to the National Health Service Corps. Appointments with Dr. Zimmerman can be made by calling (314) 722-2855.

### Free At-Home COVID-19 Tests

Residential households in the U.S. are now eligible for another order of free at-home COVID-19 tests on USPS.com.

Each order now includes 8 rapid antigen COVID-19 tests. The order will be sent in 2 separate packages and each package will have its own tracking number.

Click [here](#) or visit <https://special.usps.com/testkits> to order your free at-home COVID-19 test.

### Thank You From Esse Health

On Saturday, May 14th Esse Health Employees, patients, family members and friends joined others at the National Alliance on Mental Illness (NAMI) Walk. A huge "thank you" to everyone who supported the Esse Health team by walking at the event or making a donation. To learn more about NAMI and mental illness click [here](#).

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

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

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

[Tuesday, June 28th, 12:00 p.m.](#)

### July: Insulin Basics

[Friday, July 15th, 8:30 a.m.](#)

[Tuesday, July 19th, 12:00 p.m.](#)

### August: Vitamins

[Friday, August 19th, 8:30 a.m.](#)

[Tuesday, August 23rd, 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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