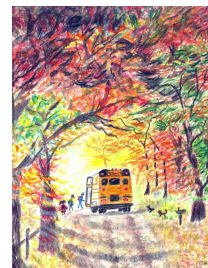


August 2022 Patient Newsletter

Back to School

Summer break is almost over and it's that time again to start thinking about back to school. Dr. Melissa Roewe with Esse Health O'Fallon Pediatrics discusses how to prepare your child for the upcoming school year.

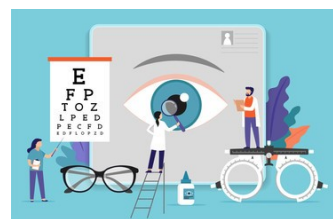


Click [here](#) to read the full article.

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

August is National Eye Exam Month

August is National Eye Exam Month which is a great reminder that getting your eyes checked regularly is an important part of your annual healthcare routine. Click [here](#) to learn why annual eye exams are important and what you can do to protect your eyes.



Light the Night

On Saturday, October 15th, Esse Health employees, patients, family members and friends will join others at Cricket Field in Forest Park for the Leukemia & Lymphoma Society's annual Light The Night Walk.



The Light The Night Walk helps raise awareness of leukemia, lymphoma, Hodgkin's disease and myeloma. Click [here](#) to join the Esse Health team. We hope to see you on October 15th!

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

August: Vitamins

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

[Tuesday, August 23rd, 12:00 p.m.](#)

September: Minerals and Water

[Friday, September 16th, 8:30 a.m.](#)
[Tuesday, September 20th, 12:00 p.m.](#)

October: The MIND Diet

[Friday, October 14th, 8:30 a.m.](#)
[Tuesday, October 18th, 12:00 p.m.](#)

November: Holiday Fare

[Friday, November 11th, 8:30 a.m.](#)
[Tuesday, November 15th, 12:00 p.m.](#)

December: 2022 Year in Review

[Friday, December 16th, 8:30 a.m.](#)
[Tuesday, December 20th, 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.

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!

Esse Health | 12655 Olive Blvd, 4th Floor, Saint Louis, MO 63141

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