

June 2022 Patient Newsletter

Healthy Kids! Healthy Futures!

Did you know....

- A healthy generation has the freedom to reach greater heights when health concerns are not their primary problem.
- Children's health has lasting effects that reach far into adulthood, making it vital to provide positive early experiences to empower children with a healthy foundation.
- **HealthWorks! Kids' Museum St. Louis** is the only children's museum in the St. Louis region SOLELY dedicated to teaching children about health.



Click below to read what Esse Health Hazelwood Florissant Pediatrician and HealthWorks! Board Member Dr. Shirley Knight says about HealthWorks! Kids' Museum St. Louis.

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

Click [here](#) to learn more about Dr. Shirley Knight

June is Firework Safety Month

June is National Firework Safety Month, and with firework stands beginning to open in the area, it's especially important to be aware of the dangers. Click [here](#) for tips about firework safety from Kids Health and what to do if an injury occurs.



The Importance of Fruits and Vegetables

A diet rich in fruits and vegetables has many potential health benefits. Lower blood pressure, lower risk of eye and digestive problems, and improved blood sugar control are just a few. In this article, Esse Health Dietitian Rachel Sestrich discusses the potential health benefits of fruits and vegetables along with tips to help increase consumption.

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

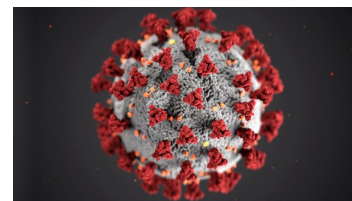
Click [here](#) to learn more about Rachel Sestrich, RD, LD, CDE



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.

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!

[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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