



# Living Well Newsletter

A monthly e-publication provided by Esse Health

## November 2022 Patient Newsletter

### RSV Cases Rising In St. Louis Children

Our very own Dr. Ted Kremer with Esse Health Hazelwood Florissant Pediatrics was interviewed on Fox 2 discussing the rise of RSV cases. Click [here](#) to learn about the signs, symptoms, and when to get help.



### Mindful Eating

Mindful eating helps patients develop a healthy relationship with food. Before we eat, it's important to pause and think why we are eating. Esse Health Dietitian, Erin Vontz, discusses tips about mindful eating around the upcoming holidays.

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

Click [here](#) to learn more about Erin Vontz, MS, RDN, LD, CDC



### Esse Health Welcomes Daniel Meshoto, D.O.

We are pleased to announce [Daniel Meshoto, D.O.](#) has joined Esse Health. His practice, [Esse Health South Lindbergh Primary Care](#), is located at 11110 Lindbergh Business Court in St. Louis, MO.

Board Certified in Family Medicine, Dr. Meshoto graduated from Kirksville College of Osteopathic Medicine in Kirksville, MO. Prior to joining Esse Health, Dr. Meshoto was in

private practice. Appointments with Dr. Meshoto can be made by calling (314) 845-8888.



## Are You Getting The Recommended Amount Of Physical Activity?

Most Americans are not. The current guidelines are 150 minutes of moderate-intensity physical activity. That is about 30 minutes a day, 5 days a week. We are here to help and support you on your wellness journey! For the first time ever, we are offering a wellness program to all our patients! Look for more information in early 2023.



## Medicare Annual Enrollment Ends December 7th!

Don't forget Medicare Annual Enrollment ends December 7th! For more information click [here](#).



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

### 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!

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