

September 2022 Patient Newsletter

School's Back in Session

Now that the school year has started, it's a great time to evaluate how the first couple weeks have gone and if there are any changes to be made. Dr. Matthew Zimmerman with Esse Health Midwest Medicine discusses mental health and how to prepare your child for extracurricular activities.

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

Click [here](#) to learn more about Dr. Matthew Zimmerman.

September is Blood Cancer Awareness Month

Did you know there are about 1.5 million people in the U.S. living with or in remission from blood cancers?



The Leukemia & Lymphoma Society (LLS) is the world's largest voluntary health agency dedicated to blood cancer. LLS' annual Light the Night fundraising walk is Saturday, October 15th in Forest Park. Esse Health is a proud sponsor of this event which celebrates those who are fighting the disease and honors those we have lost.

Click [here](#) to read inspiring stories of those who shined bright through the darkness of cancer. You can also join the Esse Health team and help us Light the Night! The money raised for the St. Louis Walk stays in St. Louis and supports medical research and patient assistance programs. Click [here](#) to join the Esse Health team and we look forward to seeing you on October 15th!

Medicare Annual Enrollment Begins October 15th!

Don't forget Medicare Annual Enrollment begins October 15th! For more information visit <https://www.medicare.gov/>



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

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!

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