



# Living Well Newsletter

A monthly e-publication provided by Esse Health

## December 2022 Patient Newsletter

As 2022 comes to a close we would like to say thank you. Thank you for choosing Esse Health for all of your health needs. Your patient centered team is grateful for the opportunity to serve you and we look forward to helping you achieve your health goals in 2023. Happy Holidays and a healthy New Year from all of us at Esse Health!



## Esse Health Pediatric Housecalls Is Back!!!

You heard right. Esse Health Pediatric Housecalls is back! In this episode Dr. Kristen Terrill and Dr. Pete Putnam discuss the symptoms caused by different viruses and what you can do to prevent your family from falling ill. Click [here](#) to listen now or search for Pediatric Housecalls wherever you listen to podcasts.



## Cold & Flu Tips With Dr. Kristen Terrill

Germs are unavoidable, but our very own Dr. Terrill has some advice to help keep your child healthy:

- Wash hands before meals and after using the restroom
- Sneeze/cough into a tissue, paper towel, or into the crook of the elbow
- Take multivitamins to boost immune response
- Get a good night sleep each night

- Exercise daily

Click [here](#) to watch a short video!



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

### January: Understanding Blood Sugars

[Friday, January 13th, 8:30am](#)

[Tuesday, January 17th, 12:00pm](#)

### February: Carbohydrates Defined

[Friday, February 17th, 8:30am](#)

[Tuesday, February 21st, 12:00pm](#)

### March: What are Proteins?

[Friday, March 10th, 8:30am](#)

[Tuesday, March 21st, 12:00pm](#)

### April: Meal Planning

[Friday, April 21st, 8:30am](#)

[Tuesday, April 25th, 12:00pm](#)

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

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