



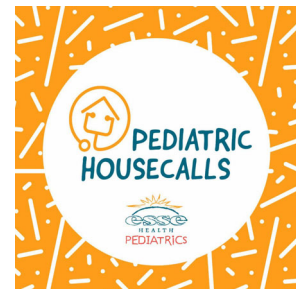
# Living Well Newsletter

A monthly e-publication provided by Esse Health

## January 2023 Patient Newsletter

### The Great Outdoors, An Esse Health Pediatric Housecalls Podcast

The great outdoors has many benefits, even when it's cold outside. Listen as board certified pediatricians Dr. Kristen Terrill and Dr. Pete Putnam discuss the importance of vitamin D and ways you and your family enjoy the great outdoors. Click [here](#) to listen now or search for Pediatric Housecalls wherever you listen to podcasts.



### Patient Wellness Challenge

For the first time ever, we are offering a patient wellness activity challenge! Physical activity is anything that gets your body moving! This includes walking, swimming, biking, yoga, hiking, cleaning, playing with your kids or grandkids, and even shoveling snow...to mention a few.

The Centers for Disease Control recommends that adults need 150 minutes of moderate-intensity physical activity a week and 2 days a week of muscle strengthening activity. For some, this can sound like a lot! But anything is better than nothing. Also, you can spread your activity out during the day and break it up into smaller portions of time.

**Who:** All Esse Health patients

**What:** Daily, 30 minute activity challenge, with weekly motivational emails

**When:** February 20 – April 30 (10 weeks)

**How:** [Sign up for FREE here](#)

**Goal:** Track at least 30 minutes of physical activity everyday on the portal or app

**Prizes:** Everyone who tracks 30 minutes on 40 out of 70 days will win an Esse Health silicone wrist band! If you track at least 30 minutes on all 70 days you will be entered into a raffle for a \$100 Fleet Feet gift card!

For questions, please email [patientwellness@essehealth.com](mailto:patientwellness@essehealth.com)

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

### 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 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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