



# Living Well Newsletter

A monthly e-publication provided by Esse Health

## April 2023 Patient Newsletter

### Depression in Adolescence

For our latest podcast, we are joined by Esse Health Child Psychiatrist, Dr. Katie Wilson. The podcast covers Dr. Wilson's thoughts on a recent CDC report and a discussion on how to help your child if they are experiencing chronic depression.

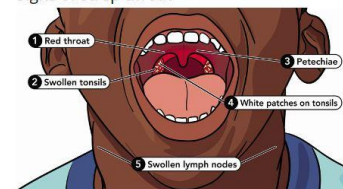
Click [here](#) to listen to the latest Pediatric Housecalls podcast.

### Strep Throat On The Rise

Lately strep throat cases have been on the rise. You might be asking yourself, how do you prevent strep throat and what to do if you think your child has it?

Click [here](#) to learn more about Strep Throat from the CDC and what symptoms you should be looking for.

Signs of strep throat



### Join us at the 2023 NAMI Walk on May 13th

On Saturday, May 13th, Esse Health employees, patients, family members and friends will join many others at Creve Coeur Park - Tremayne Shelter for the annual NAMI Walk. NAMI is the National Alliance on Mental Illness, the nation's largest mental



health organization dedicated to building better lives for the millions of Americans affected by mental illness.

Click [here](#) to join the Esse Health Team!

Click [here](#) to learn more about NAMI

## Diabetes Care and Prevention

Esse Health invites you to a virtual Diabetes Care and Prevention (DCP) group meeting, from the comfort of your home! Below are the meetings for May through August. Click the date/time of the meeting(s) you want to attend to register as space is limited.

### May: Heart Health

[Friday, May 19th, 8:30 am](#)

[Tuesday, May 23rd, 12:00 pm](#)

### June: Eye Health & Diabetes

[Tuesday, June 6th, 12:00 pm](#)

[Friday, June 9th, 8:30am](#)

### July: Healthy Summer Tips

[Friday, July 7th, 8:30 am](#)

[Tuesday, July 11th, 12:00 pm](#)

### August: Diabetes Medications

[Friday, August 25th, 8:30am](#)

[Tuesday, August 29th, 12:00 pm](#)

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 DCP 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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