



February 2023 Patient Newsletter

From Breastfeeding to Solid Food

Transitions can be tough on babies and their families. But the change that most often concerns parents is the one that transitions a baby from exclusively breastfeeding to solid food. Dr. Leanne DePalma with Tesson Ferry Pediatrics offers tips and strategies to help moms, babies, and their families navigate the transition with confidence.

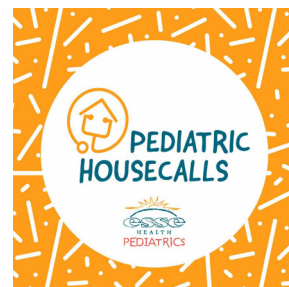


Click [here](#) to read the full article

Click [here](#) to learn more about Leanne Depalma, M.D.

Picky Eating, A Pediatric Housecalls Podcast

Picky eating is a concern for many of our Esse Health parents. Luckily, we have two excellent pediatricians who have an entire podcast episode about getting your child into good eating habits. Click [here](#) to listen to the Picky Eating podcast and any others you might have missed!



February is Heart Health Month

Did you know heart disease is the leading cause of death for men and women? In fact, one person dies every 34 seconds in the United States from cardiovascular disease.

Click [here](#) to take a quiz and test your heart health knowledge! Complete the quiz by February 28th and get entered for a chance to win a box full of heart healthy goodies.

Click [here](#) to learn more about heart disease and what you can do to prevent it.



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

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

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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