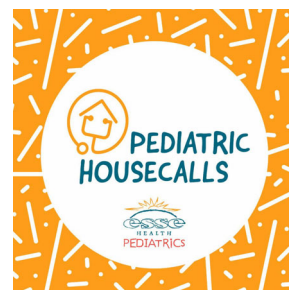




March 2023 Patient Newsletter

Teen Depression

The CDC recently released a report about depression in teens where they found that 1 out of 3 girls have thought about suicide. Listen as Dr. Pete Putnam and Dr. Kristen Terrill discuss the CDC report and offer tips on ways you can communicate with your child. Click [here](#) to listen now!



Join us at the 2023 NAMI Walk on May 13th

March 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

March is Nutrition Month

March brings shamrocks, pots of gold and rainbows! Since we are talking about rainbows, let's talk about how you can add a variety of colors to your diet. A great way to do that is with produce.

Here are 10 ways to add rainbow produce to your diet:



1. Top your cereal, such as berries on oatmeal.
2. Add fruit to plain yogurt instead of buying already flavored yogurt.
3. Add fresh tomatoes, peppers or broccoli to your pizza.
4. Top your toast or bagel with your favorite spread and pile on the fruit or veggies.
5. Eat salads, so many varieties!
6. Layer in a sandwich, such as cucumbers, sprouts and apples.
7. Blend into dressings or sauces, lots of different veggies can complement spaghetti sauce!
8. Plan your dessert around fruit, such as a baked pear with cinnamon and whipped cream.
9. Mix into pasta, salads, or casseroles.
10. Bake zucchini, pumpkin or blueberries into breads or muffins.

Looking for more inspiration? Check out these recipes:

[Passion Fruit Popsicles](#)

[Kale Chips](#)

[Mayo Free Tuna Salad Sandwich](#)

[Caramelized Onion Quinoa Salad](#)

[Kiwi Peanut Butter Sauce & Pasta Bowl](#)

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

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!

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

[Unsubscribe {recipient's email}](#)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by marketing@essehealth.com powered by



Try email marketing for free today!