



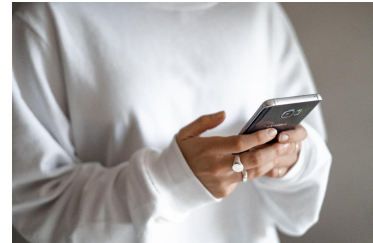
Living Well Newsletter

A monthly e-publication provided by Esse Health

July 2022 Patient Newsletter

NEW!!! 988 Crisis Line Starts July 16th!

Starting July 16th 2022, 988 will become the national three-digit phone number for all mental health, substance use, and suicide crises. 988 calls will be routed to the National Suicide Prevention Lifeline centers in each state, transitioning from the current Lifeline number, 1-800-273-8255. Click [here](#) to learn more about 988 and how it works.



July is UV Safety Awareness Month

July is UV Safety Awareness Month. During the sunny summer months, a lot of emphasis is placed on protecting our skin and eyes from Ultraviolet (UV) rays.

Click [here](#) to learn more and to take a quiz where you could win a sun-themed raffle prize!



Light the Night

On Saturday, October 15th, Esse Health employees, patients, family members and friends will join others at Cricket Field in Forest Park for the Leukemia & Lymphoma Society's annual Light The Night Walk.



The Light The Night Walk helps raise awareness of leukemia, lymphoma, Hodgkin's disease and myeloma. Click [here](#) to join the Esse Health team. We hope to see you on October 15th!

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

July: Insulin Basics

[Friday, July 15th, 8:30 a.m.](#)

[Tuesday, July 19th, 12:00 p.m.](#)

August: Vitamins

[Friday, August 19th, 8:30 a.m.](#)

[Tuesday, August 23rd, 12:00 p.m.](#)

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.

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