



Living Well Newsletter

A monthly e-publication provided by Esse Health

May 2023 Patient Newsletter

Seasonal Allergies

Kids are playing outside more now that it's finally getting warmer. But what do you do about seasonal allergies? In today's episode, Dr. Pete Putnam and Dr. Kristen Terrill discuss allergy symptoms, how to treat allergies and provide tips on how to tell if it's an allergy or a cold.

Click [here](#) to listen to the latest Pediatric Housecalls podcast or any others you might have missed.



Esse Health Walks for Mental Health Awareness

On Saturday, May 13th, employees, family members, patients, and friends of Esse Health walked to raise awareness of mental health and promote walking as part of a healthy lifestyle. In addition to being a sponsor of the National Alliance on Mental Illness' 2023 St. Louis NAMI Walk, Esse Health raised more than \$7,000 to provide support and resources, both online and in communities across the country. The NAMI Walk is held nationwide in an effort to build better lives for the millions of Americans affected by mental illness.



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

Patient Activity Challenge

A few months ago, we offered a patient activity challenge which ran from February through April. The challenge was to accumulate 30 minutes of some type of physical activity every day. Out of 299 participants, 44 completed all 70 days of the challenge and 110 met the goal of at least 40 out of the 70 days. Those who met the goal were then entered into a Fleet Feet gift card raffle.



Congratulations to Tony Sorrentino who used the gift card to purchase colorful new shoes. Tony is currently training for the Mammoth March in September which consists of a 20 mile hike over 8 hours!

Great job to all those who participated. Be on the lookout for another challenge coming this fall! If you have questions, please send us an email at patientwellness@essehealth.com.



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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.

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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