



Living Well Newsletter

A monthly e-publication provided by Esse Health

December 2023 Patient Newsletter

As 2023 comes to a close we would like to say thank you. Thank you for choosing Esse Health for all of your health needs. Your patient centered team is grateful for the opportunity to serve you and we look forward to helping you achieve your health goals in 2024. Happy Holidays and a healthy New Year from all of us at Esse Health!



Risky Behavior

What do you do if you think your child is engaging in risky behavior and how do you approach the subject? Click [here](#) to listen now or search for Pediatric Housecalls wherever you listen to podcasts!



1-866-Esse-Now

Know someone who is looking for a provider? Tell them to give us a call at the NEW [1-866-Esse-Now](#) phone number and we will get you in touch with an Esse Health provider near by!



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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