



Living Well Newsletter

A monthly e-publication provided by Esse Health

November 2023 Patient Newsletter

Healthy Choices For The Holiday

The holiday season is a time for celebration, but it can also be a time for unhealthy eating habits. With all the delicious food and drinks, it can be hard to resist temptation. However, there are a few tips you can do to enjoy the holidays without sacrificing your health.



Plan ahead. If dining out, look at the menu beforehand and decide what you want to order. Once at the restaurant, do not open the menu, try to be the first to order. If going to a party, offer to bring a healthy side dish.

Make healthy choices. It can be tempting to overindulge with a buffet of holiday foods. Try the “rule of four”: walk around and look at all the options and pick out the four most important foods to you. Avoid foods you routinely eat throughout the year and focus on special foods that you rarely have. Try using smaller plates and bowls to help you control your portions.

Eat slowly. It takes about 20 minutes for your brain to register that you are full. Eating slowly will give your body time to catch up and prevent overeating. If you’re still hungry after finishing your meal, wait 20 minutes before going back for seconds.

Deprivation leads to desire. It's okay to enjoy your favorite holiday foods but do so in moderation. If you are craving something special, have a small portion and savor it. There is no need to deprive yourself completely.

Click [here](#) to learn more about dietitian Kristy Thomas.

Fun For The Holidays

The holidays are on the horizon and family members will be on their way to St. Louis. You then find yourself asking what can we do around St. Louis to keep them entertained? Well the folks at Explore St. Louis have you covered. Click [here](#) to see all St. Louis has to offer during the holiday season.



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!



Medicare Annual Enrollment Ends December 7th!

Don't forget Medicare Annual Enrollment is underway and ends on December 7th! For more information visit <https://www.medicare.gov/>



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

December: Yearly Review

[Tuesday, December 19th, 12 pm](#)

[Friday, December 22nd, 8:30 am](#)

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.

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