



Living Well Newsletter

A monthly e-publication provided by Esse Health

October 2023 Patient Newsletter

New Pediatric Housecalls Podcast Available

Today Dr. Putnam and Dr. Terrill discuss tips to help you manage your child's healthcare. Scheduling check-ups, changes to the MSHSAA form, and seasonal information regarding flu shots, COVID vaccines, and the different RSV vaccines are just a few of the topics we cover today!

Click [here](#) to listen to the full episode!



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!



Halloween Safety Tips

It's that time of year again where children will be out trick-or-treating at night and parents will be wondering how to keep their children safe. Click [here](#) to learn different ways you can keep your children safe this Halloween.



Esse Health Patient Wellness

We want you well, and we want to support you on your wellness journey! Esse Health Patient Wellness recently offered two incentives for patients.

One was Insight Nutrition. A 6-week journey focused on choosing healthy, balanced foods. Our raffle winner was Nancy D. Congratulations Nancy! She won an Instapot!

Our second recent incentive was a Cholesterol Quiz. The raffle winners won a spice pack! Congratulations to Richard P and Sharon S.



Esse Health Lights The Night

On Saturday, October 14th, Esse Health employees, patients, family members and friends walked to raise awareness of blood cancers. In addition to being a sponsor of the Leukemia & Lymphoma Society's Light The Night Walk, Esse Health registered over 50 walkers and raised more than \$2,100 in support of blood cancer research. The Light the Night Walk is held nationwide in an effort to find a cure for leukemia, lymphoma, Hodgkin's disease, myeloma, and improve the quality of life of patients and their families. The money raised goes towards funding extensive research for treatments and cures, government advocacy, patient assistance programs, community outreach and education programs.



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/>



Walking - Step Up To Good Health

Walking is one of the safest and simplest ways to be more physically active! Join us for this virtual webinar where we will discuss the benefits of walking, overcoming roadblocks, walking safety, tracking and general tips!

Walking – Step Up to Good Health

- Tuesday, November 14
- 12-12:30pm
- Open to all Esse Health Patients
- To register, [click here](#) (webinar link will be emailed out 24 hours before the presentation)



For questions, please email 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 November through December. Click the date/time of the meeting(s) you want to attend to register as space is limited.

November: A1c & Blood Sugar Monitoring

[Friday, November 10th, 8:30 am](#)

[Tuesday, November 14th, 12 pm](#)

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.

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

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