



Living Well Newsletter

A monthly e-publication provided by Esse Health

February 2025 Patient Newsletter

St. Louis Education

When should my child start kindergarten? Should I send my child to preschool? What is a good school in the St. Louis area? These are all questions our Esse Health Pediatricians are asked. Listen as Dr. Terrill and Dr. Putnam talk about when your child should start preschool among other educational questions.

Click [here](#) to listen to the full podcast or search "Esse Health Pediatric Housecalls" wherever you listen to your favorite podcasts.



February is Heart Health Month

Did you know heart disease is the leading cause of death for men and women? In fact, one person dies every 34 seconds in the United States from cardiovascular disease. Click [here](#) to learn more about heart disease and what you can do to prevent it.



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 anytime. You can use the Portal to:

- Request appointments
- Request refills
- Ask questions regarding your bill
- Request a referral



Click [here](#) for more information and to download the Patient Portal app!



Expecting? The Best Pediatrician for Your Baby is Closer Than You Think.

Esse Health Pediatrics. Top-ranked, Flexible, Trusted Care in your neighborhood.

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