November 2024 Patient Newsletter

Food and Mood

We all love food, but have you ever thought about how the food you eat can impact how you feel? Today, Dr. Putnam and Dr. Terrill talk about food and the impact it can have on your mind and body.

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

Medicare Annual Enrollment Ends December 7th!

Don't forget! Medicare Annual Enrollment is coming to a close on December 7th. For more information visit www.medicare.gov/

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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Virtual Taking Care Of Diabetes

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: Year in Review
December 17th, 12pm
December 19th, 2pm
December 20th, 8:30am

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.