



Living Well Newsletter

A monthly e-publication provided by Esse Health

October 2024 Patient Newsletter

Halloween Safety Tips

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



Medicare Annual Enrollment Ends December 7th!

Don't forget Medicare Annual Enrollment begins October 15th! 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.

LEARN MORE



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

October: Diabetic Neuropathy

[October 30th, 8:30am](#)

[October 31st, 1pm](#)

November: Plant-Based Diets

[November 19th, 12pm](#)

[November 21st, 2pm](#)

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

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.

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