



Living Well Newsletter

A monthly e-publication provided by Esse Health

[About Us](#) [Find a Physician](#) [News](#) [Contact Us](#) [Social Media](#)

Have a Happy and Healthy Halloween

Dressing up in fun costumes and going door to door to collect candy is the traditional Halloween celebration. However, no one needs to eat that much candy! Dietitian Rachel Sestrich discusses a few tips to help make Halloween healthier.

Click [here](#) for the full article.

Click [here](#) to learn more about Rachel Sestrich, RD, LD

Flu Shots Now Available

Flu shots are now available at many of our offices. The official recommendation of the Center for Disease Control and the American Academy of Pediatrics is that **everyone over age 6 months should get the flu vaccine.**

Click [here](#) to find our flu clinic schedule. Please call your doctor's office if it isn't listed to find when the vaccine is being offered.



Esse Health Patient Portal

Don't forget to utilize the Esse Health [Patient Portal](#). You no longer have to wait until your doctor's office opens to request an appointment or seek medical advice. Thanks to the portal, you can send secure messages to your doctor's office, at a time convenient for you, to do the following

- Request appointments
- request refills
- Ask questions regarding any prescriptions
- Seek medical advice
- Ask questions regarding your bill
- Request a referral
- Receive tests results



If you're not already signed up, ask the front desk the next time you visit one of our offices.

Upcoming Events

Mark Your Calendars!

Save the date for these upcoming events and visit our [Calendar of Events](#) for details!

Ongoing: Taking Care of Diabetes classes, Wellness Workshops, and Weight Loss Support meetings.



Providing health care to patients at 36 convenient locations across the St. Louis Metro area.

CONNECT WITH US!



www.essehealth.com

Esse Health | 12655 Olive Blvd | Saint Louis, Missouri 63141 | 314-851-1000
