



Living Well Newsletter

A monthly e-publication provided by Esse Health

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Stay Fit and Have Fun During the Holidays

Wondering how to stay fit and still have fun over the holidays? Dietitian Rachel Sestrich offers tips on how to be healthy this holiday season.



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

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

Vitamins

Vitamins are important to help your body work, grow and develop. Click [here](#) to learn what vitamins are in your favorite foods and the benefits they have on us. Also included is a delicious recipe for crispy baked sweet potato fries!



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 test results

Click [here](#) to enroll in the Patient Portal if you have not already signed up!

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.

Providing health care to patients at 38 convenient locations across the St. Louis Metro area.

CONNECT WITH US!



www.essehealth.com

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