



Living Well Newsletter

A monthly e-publication provided by Esse Health

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As 2015 comes to a close, we would like to say thank you. Thank you for choosing Esse Health for all of your health needs. We greatly enjoy serving you and look forward to helping you achieve your health goals of 2016.

On behalf of all of us at Esse Health, we want to wish you Happy Holidays and a Healthy New Year!

Healthy Holiday Eating

Make this holiday season a healthy one by creating new traditions. Click [here](#) for tips on

how your kids can help in the kitchen and how to make recipes healthier. Also included is a recipe for sugar-free holiday gummies which the kids can help with as well!



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 the age of 6 months should get the flu vaccine.**

Click [here](#) to find our flu clinic schedule. If you don't see your office give them a call for a list of flu clinic hours.



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



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 38 convenient locations across the St. Louis Metro area.

CONNECT WITH US!



www.essehealth.com

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