



# Living Well Newsletter

A monthly e-publication provided by Esse Health

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**As 2018 comes to a close, we would like to say thank you. Thank you for choosing Esse Health for all of your health needs. Your patient-centered team greatly enjoys serving you, and we look forward to helping you achieve your health goals in 2019.**

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

## Esse Health Pediatric Housecalls Podcast

Sitting by the fire, hanging up holiday lights and lighting candles are all things we do during the holiday season. Dr. Pete Putnam of Esse Health Watson Road Pediatrics stopped by to share some safety tips to keep in mind during the holidays. We also cover how to keep your child safe if they have a food allergy. Click [here](#) to listen.



## Esse Health Patient Portal

Wondering how to update your medical records using the Patient Portal? Click [here](#) for step-by-step instructions on how to update your medical records.

Don't have a Patient Portal account not to worry! Click [here](#) for step-by-step instructions on how to create a Patient Portal account.



## 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 45 convenient locations across the St. Louis Metro area.*

## CONNECT WITH US!



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