



Living Well Newsletter

A monthly e-publication provided by Esse Health

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Amblyopia and Vision Screening

The next time you visit our office with a child between the ages of one and three you might see a new piece of equipment being used to screen your child's vision---the PlusoptiX mobile vision screener. What is being looked for with this new piece of equipment? Why is Amblyopia so important? These are just a few of the questions which are answered by Dr. Richard Lazaroff.

Click [here](#) to read the full article.

Click [here](#) to learn more about Dr. Lazaroff.



Esse Health Adds Nurse Practitioner

Gateway Asthma & Allergy Relief is pleased to announce the addition of board certified Nurse Practitioner Jaclyn Hey, FNP, to its office in O'Fallon, MO located at 9101 Phoenix Village Parkway.

Hey, a graduate from the University of Missouri in Columbia, Missouri, specializes in asthma and allergy. She also completed a critical care fellowship at Mercy Hospital in St. Louis.

Jaclyn joins Dr. Rabya Mian in treating children and adults with asthma, allergy and immunology problems. To make an appointment, call 636-561-5707.

Join us in welcoming Jaclyn Hey!



Wear Red for Heart Disease

11th Annual National Wear Red Day is February 7th

Did you know heart disease is the number one killer of women? Join us on Friday, February 7, as we participate in National Wear Red Day to raise awareness of heart disease. Share photos of you in red on our [Facebook page](#), and we'll do the same!

The American Heart Association's Metro St. Louis Heart Walk is on Saturday, May 10th. If you would like to join the Esse Health team, you can sign up by clicking [here](#). We hope you'll join us as we raise awareness of heart disease and stroke!



We Want You (and your children!) Well

The Esse Health wellness team would like to offer a pediatric fitness and nutrition program this summer and we are interested in getting your input to make the program the most beneficial. We would greatly appreciate you taking the time to answer our eight-question survey. To view the survey, click [here](#).

Providing health care to patients at 35 convenient locations across the St. Louis Metro area.

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