



Living Well Newsletter

A monthly e-publication provided by Esse Health

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Gender Variance

Are you concerned that your son prefers to play with dolls or daughter prefers to play with cars? Dr. Richard Lazaroff discusses what parents should do when they have concerns that their child may be gender variant.



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

Click [here](#) to learn more about Richard Lazaroff, M.D.

Strive for 60!

It's important to aim for at least 60 minutes of moderate to vigorous intensity aerobic activity every day! Click [here](#) to learn what activities are aerobic activities and why exercise is important. Also included is a recipe for Pizza-bellas!



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



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!



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