



# Living Well Newsletter

A monthly e-publication provided by Esse Health

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## National Safety Month

June is National Safety Month. Now that summer is here it's important to be safe when swimming. Click [here](#) for swimming safety tips from the American Red Cross.



Speaking of summer safety, [Dr. Karla Keaney](#) was interviewed on an episode of Esse Health Pediatric Housecalls. Click [here](#) to listen as she discusses tips on how to keep your kids hydrated and safe during the summer months.

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## Esse Health Welcomes New Physician

Esse Health is pleased to announce the addition of board certified physician [Craig Holzem, M.D.](#) to the organization. Dr. Holzem will practice at the new Esse Health Washington Family Medicine office located at 1721 Heritage Hills Drive, in Washington Missouri.



Dr. Holzem is board certified in Family Medicine and has a certificate of added qualification in Sports Medicine. He has been recognized by the National Committee for Quality Assurance (NCQA) and the American Diabetes Association (ADA) for patient care in diabetes. Dr. Holzem has also been named a 2017-2018 Best Doctor in America. Appointments can be made by calling 636.231.6660.

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## 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 a prescription
- Seek medical advice
- Ask questions about your bill
- Request a referral
- Pay your bill online



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

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## 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  
**September 29th:** LLS Light The Night

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*Providing healthcare to patients at 44 convenient locations across the St. Louis Metro area.*

