



*We want you well.*

Welcome to Esse Health!

At Esse Health, we are dedicated to patient satisfaction, service and value. Our Mission is to place you and your physician at the center of every health care decision. We know your choice of a physician is an important decision, and we are committed to providing the highest quality care by working with you to maximize your health. We call it patient-centered care.

What does patient-centered care mean for you? It means you have a team of health care professionals, led by your physician, who can help you be more involved in your health care and take better care of yourself. It means you have access to resources like our Patient Portal that allows you to ask a medical question, request an appointment or refill a medication at times that are convenient for you. And it means we provide the highest quality care in the most cost effective way. The National Committee on Quality Assurance (NCQA) has recognized Esse Health as a Level 3 Patient-Centered Medical Home.

Thank you for choosing Esse Health as your partner in healthcare. We are committed to you and your family's good health.

Best Wishes,

Mike Castellano  
Chief Executive Officer  
Esse Health



## AUTHORIZATION FOR RELEASE OF MEDICAL INFORMATION

Patient Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

I authorize the use or disclosure of the above-named individual's health information as described below.

### INFORMATION TO BE RELEASED BY:

### INFORMATION TO BE RELEASED TO:

\_\_\_\_\_  
Organization/Person Name

\_\_\_\_\_  
Organization/Person Name

\_\_\_\_\_  
Address City, State, Zip

\_\_\_\_\_  
Address City, State, Zip

### TYPE OF MEDICAL INFORMATION TO BE DISCLOSED

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Complete Medical Record  | <input type="checkbox"/> List of Allergies            | <input type="checkbox"/> X-ray reports   |
| <input type="checkbox"/> Physician Progress Notes   | <input type="checkbox"/> Problem list                 | <input type="checkbox"/> EKG             |
| <input type="checkbox"/> Immunization Records   | <input type="checkbox"/> Lab Reports                  | <input type="checkbox"/> Medication list |
| <input type="checkbox"/> Consultation Reports   | <input type="checkbox"/> Other (please specify) _____ |  |
| <input type="checkbox"/> My health information relating only to the following treatment/condition _____ |   |  |
| <input type="checkbox"/> My health information only for the following dates: _____                      |   |  |

I understand the information in my health record may include information relating to sexually transmitted disease, acquired immunodeficiency syndrome (AIDS), or human immunodeficiency virus (HIV). It also may include information about behavioral or mental health services, and treatment for alcohol and drug abuse or self-paid services. You are hereby **specifically authorized to release** all information or medical records relating to such diagnosis, testing or treatment, unless specifically excluded below.

\_\_\_\_\_  
I understand I have a right to cancel this authorization at any time. I understand if I wish to withdraw this authorization, I must do so in writing. I must present my written cancellation to the health information management department. I understand the authorization withdrawal will not apply to information that has already been released due to this authorization. I understand the cancellation will not apply to my insurance company when the law provides my insurer with the right to contest a claim under my policy. Unless otherwise cancelled, this authorization will expire on the following date or event \_\_\_\_\_. If I fail to specify an expiration date or event, this authorization will expire in six months.

I understand authorizing the release of this health information is voluntary. I can refuse to sign this authorization. I do not have to sign this form to receive treatment. I understand I may inspect or copy the information to be used or disclosed as provided in CFR 164.524. I understand any disclosure of information carries with it the possibility for an unauthorized re-disclosure and the information may not be protected by federal confidentiality rules. If I have questions about disclosure of my health information, I can contact my physician's office manager. I understand there may be a charge associated with copying my health information.

\_\_\_\_\_  
Signature of Patient/Legal Representative

\_\_\_\_\_  
Date



Patient Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

**AUTHORIZATION TO COMMUNICATE INFORMATION TO PATIENT**

The undersigned authorizes Esse Health, its physicians, staff and representatives to communicate with me by leaving messages related to my healthcare at the following numbers:

Home: \_\_\_\_\_ Cell: \_\_\_\_\_ Work: \_\_\_\_\_

**AUTHORIZATION TO COMMUNICATE INFORMATION TO OTHERS**

The undersigned authorizes Esse Health, its physicians, staff and representatives to communicate information about my health with the following:

1. Name: \_\_\_\_\_ Home #: \_\_\_\_\_  
Relationship to Patient: \_\_\_\_\_ Cell #: \_\_\_\_\_  
Work #: \_\_\_\_\_  
May Discuss Diagnosis/Treatment: Yes \_\_\_\_\_ No \_\_\_\_\_  
May Discuss Billing Info: Yes \_\_\_\_\_ No \_\_\_\_\_
2. Name: \_\_\_\_\_ Home #: \_\_\_\_\_  
Relationship to Patient: \_\_\_\_\_ Cell #: \_\_\_\_\_  
Work #: \_\_\_\_\_  
May Discuss Diagnosis/Treatment: Yes \_\_\_\_\_ No \_\_\_\_\_  
May Discuss Billing Info: Yes \_\_\_\_\_ No \_\_\_\_\_

I understand that these authorizations are voluntary and that I can refuse to sign the authorization. I understand I may revoke this authorization at any time. I understand I do not have to sign this form to receive care. I understand it is my responsibility to update this list in order to keep accurate who can obtain information about my health.

\_\_\_\_\_  
Patient/Legal Representative

Date: \_\_\_\_\_

**SIGN BELOW ONLY IF YOU WISH TO REVOKE YOUR AUTHORIZATION**

**I hereby revoke this authorization.**

\_\_\_\_\_  
Patient/Legal Representative

Date: \_\_\_\_\_



## PEDIATRIC REGISTRATION/UPDATE FORM

-PLEASE PRINT FIRMLY-  
-COMPLETE ALL SECTIONS-

TODAY'S DATE \_\_\_\_\_

### PATIENT INFORMATION

Patient's Name	Last	First	Middle Initial
Social Security Number	Home Phone	Work Phone	Cell Phone
E-mail	Date of Birth	Age	Physician
Birth Gender	<input type="checkbox"/> Female <input type="checkbox"/> Male <input type="checkbox"/> None	<input type="checkbox"/> Undifferentiated <input type="checkbox"/> Unknown	
Current Gender	<input type="checkbox"/> Female <input type="checkbox"/> Male <input type="checkbox"/> None	<input type="checkbox"/> Undifferentiated <input type="checkbox"/> Unknown	
Preferred Pronoun (optional)	<input type="checkbox"/> He, Him, His <input type="checkbox"/> She, Her, Hers <input type="checkbox"/> They, Them, Theirs <input type="checkbox"/> Ze, Hir		
Gender Identity (optional)	<input type="checkbox"/> Female <input type="checkbox"/> Male <input type="checkbox"/> Genderqueer/Non-Binary <input type="checkbox"/> Other <input type="checkbox"/> Female to Male (FTM) <input type="checkbox"/> Male to Female (MTF) Neither Exclusively Transgender Male/Trans Man Transgender Female/Trans Male or Female Woman Choose Not to Disclose		
Sexual Orientation (optional)	<input type="checkbox"/> Straight/Heterosexual <input type="checkbox"/> Lesbian/Gay/Homosexual <input type="checkbox"/> Bisexual <input type="checkbox"/> Other <input type="checkbox"/> Asexual <input type="checkbox"/> Uncertain/Don't Know <input type="checkbox"/> Something Else, Please Describe		

### HEALTH INSURANCE INFORMATION

#### MUST BE COMPLETED FOR ESSE HEALTH TO BILL YOUR INSURANCE COMPANY

PRIMARY INSURANCE	SECONDARY INSURANCE
Name of Insurance Plan _____	Name of Insurance Plan _____
Name of Person Who Carries Insurance _____	Name of Person Who Carries Insurance _____
Insurance Identification Number _____	Insurance Identification Number _____
Group Number or Name of Employer _____	Group Number or Name of Employer _____
Date Insurance Began _____	Date Insurance Began _____
COPAY _____	COPAY _____

### PARENTS INFORMATION

Parent 1 Name _____ Last First MI	Parent 2 Name _____ Last First MI
Social Security Number _____	Social Security Number _____
Birthdate _____	Birthdate _____
Home Address _____	Home Address _____
City _____ State _____ Zip _____	City _____ State _____ Zip _____
Phone Numbers Home ( ) _____ Cell ( ) _____ Work ( ) _____	Phone Numbers Home ( ) _____ Cell ( ) _____ Work ( ) _____
Email Address _____	Email Address _____
Occupation _____	Occupation _____
Employer's Name _____	Employer's Name _____
Employer's Address _____	Employer's Address _____
City _____ State _____ Zip _____	City _____ State _____ Zip _____

### ACKNOWLEDGMENT OF FINANCIAL RESPONSIBILITY

I, \_\_\_\_\_, acknowledge that I am responsible and liable for all charges assessed for professional services rendered. I acknowledge that I am responsible for all charges regardless of my existing medical coverage. In the event my insurance company forwards payment directly to me, I will deliver such payment to Esse Health. I understand that I am responsible for meeting my insurance deductibles and coinsurance and any non-covered services. Should my account become past due, the balance shall become immediately due and payable. I further authorize the release to my insurance company of any medical information necessary to process a claim and hereby assign payment of all medical benefits to Esse Health.

Signature \_\_\_\_\_ Date \_\_\_\_\_

### HOW DID YOU HEAR ABOUT US?

☐ Physician ☐ Hospital ☐ Insurance Co. ☐ Friend/Relative ☐ Yellow Pages ☐ Newspaper ☐ Social Media ☐ Other

Please complete so we may thank them: Name \_\_\_\_\_ Address \_\_\_\_\_



**Pediatric and Adolescent Medicine**  
**New Patient Health History**

Today's Date: \_\_\_/\_\_\_/\_\_\_

Primary Pediatrician: \_\_\_\_\_

Birth Date: \_\_\_/\_\_\_/\_\_\_

☐ male ☐ female ☐ other

Patient's Full Name: \_\_\_\_\_

Patient's Nickname: \_\_\_\_\_

Preferred Pronouns: \_\_\_\_\_

Name of person completing this form: \_\_\_\_\_

Relationship to patient: \_\_\_\_\_

**Please list patient's current medical diagnoses:** ☐ None

**Please list all medicines/vitamins/supplements:** ☐ None

**Please list any medicine/food/latex allergies:** ☐ None

**This patient has :** *(include details)*

-been in a hospital overnight? ☐ Y

-gone to the emergency room? ☐ Y

-gone to an urgent care center? ☐ Y

-had an allergic reaction? (medication, food, insect) ☐ Y

-had surgery? (an operation) ☐ Y

-seen a medical specialist or doctor elsewhere? ☐ Y

-traveled outside of the U.S.? ☐ Y

**Today I have concerns about:**

Headaches/Head Injury?..... ☐ Y  
Vision/Hearing?..... ☐ Y  
Dental? ..... *(Brushes? ☐ Y ☐ N, Sees dentist? ☐ Y ☐ N)* ..... ☐ Y  
Ears/Eyes/Nose/Throat? ..... ☐ Y  
Allergies?..... ☐ Y  
Cough/Wheeze/Trouble breathing? ..... ☐ Y  
Chest pain?..... ☐ Y  
Abdominal pain?..... ☐ Y  
Stools or Urination?..... ☐ Y  
Genitals?..... ☐ Y  
Muscles/Joints/Bones?..... ☐ Y  
Skin?..... ☐ Y  
Abnormal Bleeding or Bruising?..... ☐ Y  
Sleep?...*(at least 10-12h preschool, 10h 5-12y, 9-10h teens)*.... ☐ Y  
Development?..... ☐ Y  
Behavior/Mental Health?..... ☐ Y  
Learning/School Performance?..... ☐ Y  
Nutrition?..... ☐ Y  
Weight/Growth?..... ☐ Y  
Substance use/abuse?..... ☐ Y  
Sexual activity?..... ☐ Y  
Other? *(Include details)*..... ☐ Y

**For girls:** Has she started her period? ☐ N ☐ Y, at age \_\_\_\_\_

If yes, when did the last period start? \_\_\_/\_\_\_/\_\_\_

Is she having any problems? ☐ N ☐ Y:

**Parent/Guardian #1** **Parent/Guardian #2**

Name:

Preferred  
contact #:

Occupation:

**Parents are:** ☐ Married ☐ Divorced ☐ Separated  
☐ Single ☐ Other:

**Child lives with:** ☐ Both parents ☐ Other: \_\_\_\_\_

☐ Parent #1 \_\_\_\_\_% (☐ remarried) ☐ Parent #2 \_\_\_\_\_% (☐ remarried)

**Others in the home:** *(name/age/relationship)*

**Recent family changes or stress?** ☐ N ☐ Y:

**In the last year did you worry about or run out of food** and not have enough money to buy more? ☐ N ☐ Y

**Patient attends:**

☐ Daycare ☐ Sitter \_\_\_\_\_ days/week at \_\_\_\_\_

☐ Preschool \_\_\_\_\_ days/week at \_\_\_\_\_

☐ School, in Grade: \_\_\_\_\_ at \_\_\_\_\_

---Child's school performance/grades/GPA: \_\_\_\_\_

**Does your child receive any special services?** ☐ N ☐ Y

☐ IEP ☐ 504 ☐ Gifted ☐ Therapy ☐ Other:

**Patient's sports/activities/hobbies:**

**Concerns about relationships w/ friends, family, others?** ☐ N ☐ Y

**Home Environment/Safety:** What year was your home built? \_\_\_\_\_

☐ House ☐ Apartment ☐ Condo ☐ Trailer ☐ Other:

**Are there:** Carbon monoxide detectors? ☐ Y

-----Smoke detectors? ☐ Y

-----Fire extinguishers? ☐ Y

-----Pool? ☐ Y Locked? \_\_\_\_\_ How? \_\_\_\_\_

--Pets/Animals? ☐ Y What kind? \_\_\_\_\_

-----Firearms? ☐ Y How are they stored? \_\_\_\_\_

-----Smokers? ☐ Y Who smokes? \_\_\_\_\_ Where? \_\_\_\_\_

**Does your child:** -wear a helmet appropriately? ☐ Y

-use sunscreen appropriately *(SPF 15 or above)*? ☐ Y

-know how to swim *(or take lessons if 4 or older)*? ☐ Y

**When riding in a car, my child uses:**

☐ Rear-facing car seat (<2y)

☐ Front-facing car seat *(until weight exceeds seat specifications)*

☐ Booster *(belt positioning booster seat until 4'9")*

☐ Seat Belt in back seat ☐ Seat belt in front seat (>12y)

Patient Name: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Today's Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

**Please record your child's Family Medical History below.**

- ☐ I previously completed a Family History for this patient:  
☐ No changes since. (*You may stop here.*) ☐ New information added below.
- ☐ I have multiple children here TODAY and have completed this TODAY on the form of child: \_\_\_\_\_
- ☐ Patient adopted; No **Biologic** Family History available.
- ☐ Patient adopted; Limited **Biologic** Family History recorded below.
- ☐ Patient conceived by IVF with donor ☐ Egg ☐ Sperm (only include details of blood relatives below)

**Have any blood relatives of THIS PATIENT had these conditions (parents, siblings, grandparents, aunts, uncles)?**

**Please include details for all YES answers, including which relatives and whether on father's or mother's side.**

- ADD/ADHD..... ☐ Y:
- Alcoholism ..... ☐ Y:
- Allergies..... ☐ Y:
- Asthma..... ☐ Y:
- Birth Defects..... ☐ Y:
- Blood/Bleeding disorders..... ☐ Y:
- Bowel Disease..... ☐ Y:  
(*Ulcerative colitis, Crohn's, Irritable Bowel*)
- Cancer (*include type*) ..... ☐ Y:
- Deafness..... ☐ Y:
- Depression..... ☐ Y:
- Developmental delays..... ☐ Y:
- Diabetes (*Type 1 or Type 2?*)..... ☐ Y:
- Early death/SIDS..... ☐ Y:
- Eczema..... ☐ Y:
- Family or inherited diseases..... ☐ Y:
- Heart attack before age 55..... ☐ Y:
- Heart disease..... ☐ Y:
- High cholesterol/lipids/triglycerides..... ☐ Y:
- High blood pressure..... ☐ Y:
- Hip dysplasia..... ☐ Y:
- Immune disorders..... ☐ Y:
- Kidney Disease..... ☐ Y:
- Learning Disability..... ☐ Y:
- Liver Disease..... ☐ Y:
- Lung Disease..... ☐ Y:
- Mental Health (*Anxiety, Bipolar, Depression, etc.*) ☐ Y:
- Mental Retardation..... ☐ Y:
- Metabolic Disorders..... ☐ Y:
- Migraines..... ☐ Y:
- Neurologic disease..... ☐ Y:
- Obesity..... ☐ Y:
- Scoliosis..... ☐ Y:
- Seizures/Epilepsy..... ☐ Y:
- Serious or fatal childhood illness..... ☐ Y:
- Strabismus ("Lazy eye") ..... ☐ Y:
- Substance abuse..... ☐ Y:
- Thyroid disease..... ☐ Y:
- Tuberculosis..... ☐ Y:
- Other..... ☐ Y:

***Thank you for completing this information.***



Date: \_\_\_\_\_

Last Name

First Name

Date of Birth

## PATIENT DEMOGRAPHIC QUESTIONNAIRE

Please note that we are requesting this optional information as an attempt to comply with Federal “Meaningful Use” guidelines, as released by The Office of the National Coordinator for Health Information Technology. More information regarding these guidelines is available at <http://healthit.hhs.gov>.

You are NOT obligated to respond in order to be treated.

If you do not wish to provide this information, please simply fill in your name, date and select the “Decline to Respond” choice.

Please select the below as appropriate:

### RACE

- |   |  |
|---|--|
| <input type="checkbox"/> Asian                                  | <input type="checkbox"/> Multiracial                           |
| <input type="checkbox"/> Greek                                  | <input type="checkbox"/> White                                 |
| <input type="checkbox"/> Alaskan Native                         | <input type="checkbox"/> Native American Indian                |
| <input type="checkbox"/> Hawaiian                               | <input type="checkbox"/> More than one race                    |
| <input type="checkbox"/> American Indian or Alaskan Native      | <input type="checkbox"/> Other Pacific Islander (Not Hawaiian) |
| <input type="checkbox"/> Hispanic                               | <input type="checkbox"/> Other race                            |
| <input type="checkbox"/> Black/African American                 | <input type="checkbox"/> Pacific Islander                      |
| <input type="checkbox"/> Indian                                 | <input type="checkbox"/> Unknown                               |
| <input type="checkbox"/> Native Hawaiian/Other Pacific Islander | <input type="checkbox"/> Decline to Specify                    |

### PREFERRED LANGUAGE

- |  |   |
|--|---|
| <input type="checkbox"/> English                 | <input type="checkbox"/> Korean             |
| <input type="checkbox"/> Spanish                 | <input type="checkbox"/> Somali             |
| <input type="checkbox"/> Bosnian                 | <input type="checkbox"/> Arabic             |
| <input type="checkbox"/> Russian                 | <input type="checkbox"/> Spanish Castilian  |
| <input type="checkbox"/> Italian                 | <input type="checkbox"/> Vietnamese         |
| <input type="checkbox"/> French                  | <input type="checkbox"/> Hindi              |
| <input type="checkbox"/> German                  | <input type="checkbox"/> Polish             |
| <input type="checkbox"/> Chinese                 | <input type="checkbox"/> Thai               |
| <input type="checkbox"/> Japanese                | <input type="checkbox"/> Other              |
| <input type="checkbox"/> Central Khme            | <input type="checkbox"/> Bulgarian          |
| <input type="checkbox"/> Haitian; Haitian Creole | <input type="checkbox"/> Urdu               |
| <input type="checkbox"/> Hebrew                  | <input type="checkbox"/> Swahili            |
| <input type="checkbox"/> Portuguese              | <input type="checkbox"/> Decline to Specify |

### ETHNICITY

- ☐ Hispanic or Latino  
☐ Not Hispanic or Latino  
☐ Decline to Specify

### CONTACT PREFERENCE

- ☐ Cell Phone  
☐ Confidential  
☐ Email/Portal  
☐ Home Phone  
☐ Mail  
☐ Work Phone  
☐ Decline to Specify



## PEDIATRICS

*We want you well.*

[www.essehealth.com](http://www.essehealth.com)

### URGENT CARE or EMERGENCY ROOM – If your office is not open, which is best for me?

Did you know insurance companies may make you responsible for the entire cost of an emergency room (ER) visit if it is not considered an emergency? We want you to experience high quality care and great service without an increase in cost.

Use us as a resource when you are unsure what steps to take with your sick child. You are not alone. Our office team is available during and after office hours to help you decide what to do next. **Please call us first for all non-life threatening illnesses.**

Compare your typical pediatrician office costs to the estimated cost of care\* in the Urgent Care versus the ER for common illnesses.

Common Illnesses	Urgent Care (estimated cost)	ER (estimated cost)
Gastroenteritis (stomach)	\$240-250	\$1200-1300
Urinary Tract Infection	\$190-200	\$1300-1400
Upper Respiratory Infection (cold)	\$190-200	\$1100-1200
Sinus Infection	\$150-160	\$1100-1200
Strep Throat	\$180-190	\$1100-1200

**Most minor injuries or illnesses can wait until the next day**, but if you need treatment after regular office hours, try an Urgent Care, preferably a pediatric Urgent Care. Urgent Care centers accept insurance, cost less than the ER and are open evenings and weekends. Keep in mind—certain conditions and medical emergencies will always require you go to the ER. The chart below may help you decide.

**Call 911** or go to your nearest ER for all life-threatening illnesses and emergencies.

INJURY or ILLNESS	URGENT CARE	EMERGENCY ROOM
<b>Cold, Flu or Seasonal Allergies</b>	Runny nose, cough, sore throat, sinus pain, earache, fever more than 100°	Chest Pain, trouble breathing, fever more than 104°
<b>Asthma</b>	Mild wheezing or cough continues even after treatment	Chest pain, trouble breathing, rescue treatments needed more than every 4 hours, bluish lips or face
<b>Allergic Reaction</b>	Itching, localized rash or redness	Trouble breathing, trouble swallowing, slurred speech, confusion, hoarse voice or cough
<b>Bladder or Urinary Tract Infection</b>	Burning, frequent urge to urinate	If fever is more than 104°, side or back pain, cannot pass urine, blood in urine
<b>Diarrhea, Vomiting, Nausea</b>	Stomach cramps, 6 or more watery stools in 24 hours, vomiting for more than 24 hours, unable to keep fluids down	Severe abdominal pain, 10 or more watery stools in 24 hours, dry mouth, no tears, fever more than 104°, no urine in 8 hours
<b>Headache or Migraine</b>	Mild headache with little pain relief, sensitive to light/sound, nausea and vomiting	Severe headache, dizziness, blurred vision, head injury, concussion, loss of consciousness, seizure
<b>Sprain, Strain, Back Pain</b>	Difficulty walking or moving the injured area, large bruise or swelling	Suspected fracture, dislocation, major fall or trauma, severe pain
<b>Skin Injury</b>	Rash, minor burn, insect bite, cut, scrape, painful red swollen lump	Large or deep burn or cut, bleeding that won't stop, fever more than 100°

\*Actual costs may vary depending upon benefit coverage and any additional medical services provided. Cost data based on claims data from 2017.





# Welcome to Your Medical Home

## What is a Medical Home?

It's a team approach for all of your medical needs. Your team, led by your doctor, will give you high-quality personal care. We call it **Patient- Centered Care**. This means your team will work with you and your family to create a plan of care that meets your needs. They will assist you in getting the health care you need at Esse Health or other places.

**You** decide with your team what care and locations fit your needs.



## Meet your Medical Home Team

### Who is on my Medical Home Team?

Your team includes:

- Your Doctor
- Nurse Practitioner/Physician Assistants
- Your Nurse or NP Care Manager
- Staff at Your Doctor's Office
- Your Family and Friends
- **You are a part of your team, too!**

### Who else can join my team?

- Registered Dietitians
- Licensed Social Workers
- Health Coaches

### Why is the Medical Home Team a good idea for me?

Your team wants to help you:

- Be involved in your health care at the doctor's office.
- Take better care of yourself at home.
- Stay in touch with your doctor.
- Receive quality care that meets national standards.

### When can I talk to my Medical Home Team?

- Feel free to call your office team during office hours. Below are after care options.

### After Office Urgent Care Options



When you need after-hours treatment for minor injuries and illness, Esse Health is partnering with SSM Urgent Care. SSM Urgent Care locations are open daily from 8:00 a.m. – 8:00 p.m., including weekends and most holidays.

(closed Thanksgiving, Christmas day and New Year's day)

2022 Dorsett Village | Maryland Hts. | 314.590.0520  
in the Dorsett Village Shopping Center next to Schnucks

8820 Manchester Rd. | Brentwood | 314.963.8100  
in the Schnucks Plaza at Manchester and Brentwood

1296 Jeffco Blvd. | Arnold | 636.321.8610  
in the Ridgcrest Crossing center at Arnold Tenbrook Rd.

1551 Wall St. | St. Charles | 636.669.2211  
just east of Sam's Club and Walmart at Zumbehl

1475 Kisker Rd. | St. Peters | 636.498.7400  
at the intersection of Hwy. 94 and Kisker Rd.

## Your visits with your Team

Your Medical Home Team will ask about current and past health problems.

## What should I bring to my visits?

Please bring these to each visit:

### 1 Information from other doctors and hospitals

- ✓ Recent test results
- ✓ Information from most recent hospital stays, trips to the emergency room or urgent care
- ✓ Information from visits to specialists or other doctors

### 2 Things you might have at home

- ✓ All bottles or a list of all your medicines, vitamins and supplements
- ✓ All blood pressure numbers, if you check them
- ✓ All blood sugar numbers, if you check them

### 3 Things you need to show at the front desk

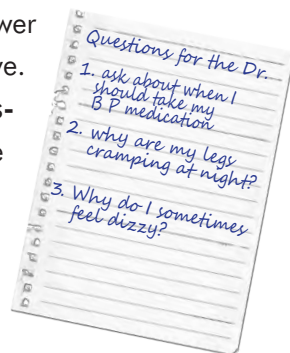
- ✓ Photo ID, such as a driver's license
- ✓ Insurance card

You may also need to bring a co-pay.

### 4 Questions for your doctor and team

It is very important that we answer any questions you may have.

**Please write down any questions you may have** before your visit. It's okay to ask about your health problems, medicines, or care.



## How do I cancel my appointment?

If you have to cancel, please call your doctor's office at least **24 hours** before your appointment time to avoid a fee.

## Your Medical Home is online, too!

Log on and connect with your doctor when you are at home. It's easy and safe. We call it the Esse Health Patient Portal, powered by NextMD: [www.essehealth.com](http://www.essehealth.com)

### What can I do with my online Medical Home?

Features you can find now or are coming soon:

- Request an appointment
- Get advice about your health
- Ask questions about your bill
- Get refills on medicines from your doctor
- Get test results
- Ask for a referral to a specialist or other doctor

### How can I try the Esse Health Patient Portal?

To enroll, ask the person at the front desk for an enrollment number. Then, log on to try it at home.

### Looking for health information online?

Click on "**Living Well**" on our website: [www.essehealth.com](http://www.essehealth.com). You will find information you can trust on healthy living tips, reminders and resources.

## Social Media

Connect with us on Facebook, YouTube, and Twitter to read the latest articles by our Esse Health Team. You can also watch videos on a variety of health topics, as well as find out the latest happenings at Esse Health.



[facebook.com/essehealth](https://facebook.com/essehealth)



[youtube.com/essehealth](https://youtube.com/essehealth)



[twitter.com/essehealth](https://twitter.com/essehealth)

For more information about Esse Health and your medical home, please visit:  
[www.essehealth.com](http://www.essehealth.com)