



Living Well Newsletter

A monthly e-publication provided by Esse Health

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National Ultraviolet Safety Month

July is National Ultraviolet Safety Month and it's important to protect yourself from the sun while outside. Click [here](#) to learn how to be safe in the sun from the American Cancer Society.



Esse Health Welcomes New Physicians

We are pleased to announce the addition of board certified physicians [Brian Bergfeld, M.D.](#), [Mark Fogarty, M.D.](#), and [Radha Patnana, M.D.](#) to the organization. The doctors will practice at the new Esse Health Watson Primary Care office located at 7419 Watson Road in St. Louis.



Dr. Bergfeld is board certified in Internal Medicine and specializes in chronic disease management and prevention, as well as acute care needs.

Dr. Fogarty is board certified in Internal Medicine and has a special interest in working with his patients to improve their health and involve them in making health care decisions.

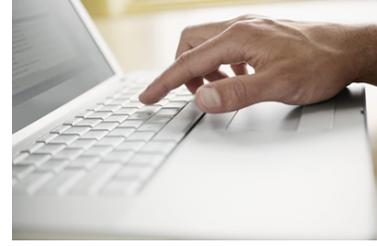
Dr. Patnana is board certified in Family Medicine and has been practicing in the community for 17 years. She enjoys all aspects of family medicine and working with her patients.

Each physician has been recognized by the National Committee for Quality Assurance (NCQA) and the American Diabetes Association (ADA) for patient care in diabetes. The NCQA and the American Heart Association (AHA) also have recognized these physicians for their patient care in heart disease and

stroke. All three physicians most recently practiced with St. Anthony's at Southwest Medical Center in South County, Missouri. Appointments can be made by calling 314.400.3360.

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!

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

Providing healthcare to patients at 45 convenient locations across the St. Louis Metro area.

