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.

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

Best Wishes,

Jim Snider
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

☐ Complete Medical Record	☐ List of Allergies	☐ X-ray reports
☐ Physician Progress Notes	☐ Problem list	☐ EKG
☐ Immunization Records	☐ Lab Reports	☐ Medication list
☐ Consultation Reports	☐ Other (please specify) _____	

☐ My health information relating only to the following treatment/condition_____

☐ 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.

_____ Date:_____
Patient/Legal Representative

SIGN BELOW ONLY IF YOU WISH TO REVOKE YOUR AUTHORIZATION

I hereby revoke this authorization.

_____ **Date:** _____
Patient/Legal Representative

ADULT REGISTRATION/UPDATE FORM

PATIENT INFORMATION

TODAY'S DATE _____

Last Name	First Name	Middle Initial
Home Phone	Work Phone	Cell Phone
E-mail Address	Date of Birth	Age
Home Address Street	City State Zip	Social Security Number
Occupation	Employer Name	Zip
Employer Address Street	City State	

Birth Sex	☐ Female	☐ Male	☐ None ☐ Undifferentiated	☐ Unknown
Current Gender	☐ Female	☐ Male	☐ None ☐ Undifferentiated	
Gender Identity	☐ Female ☐ Female-to-Male (FTM) Transgender Male/ Trans Man	☐ Male ☐ Male-to-Female (MTF) Transgender Female/ Trans Woman	☐ Genderqueer/Non-Binary Neither Exclusively Male or Female	☐ Choose Not to Disclose ☐ Additional Gender Category or Other Please Specify
Sexual Orientation	☐ Straight or Heterosexual ☐ Don't Know	☐ Lesbian, Gay or Homosexual ☐ Something Else, Please Describe	☐ Bisexual ☐ Choose Not to Disclose	☐ None
Preferred Pronoun	☐ She, Her, Hers ☐ Other	☐ He, Him, His ☐ None	☐ They, Them, Theirs ☐ Asked, but Unknown	☐ Ze, Hir ☐ Decline to Answer
Marital Status	☐ Single ☐ Annulled ☐ Domestic Partner	☐ Married ☐ Widowed ☐ Polygamous	☐ Divorced ☐ Interlocutory ☐ Unknown	☐ Legally Separated ☐ Life Partner

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	
☐ HMO ☐ PPO ☐ OTHER		☐ HMO ☐ PPO ☐ OTHER	
COPAY		COPAY	

PLEASE COMPLETE FOR SPOUSE (IF MARRIED) OR PARENT (IF DEPENDENT)

Last Name First Name	Middle Initial	Relationship to Patient
Home Phone	Work Phone	Cell Phone
E-mail Address	Date of Birth	Age
Home Address Street	City State Zip	Social Security Number
Occupation		Employer Name
Employer Address Street	City State	Zip

ADULT REGISTRATION/UPDATE FORM

PATIENT INFORMATION

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 _____

IN CASE OF URGENT NEED, PLEASE CONTACT THE FOLLOWING PERSON

Name _____ Relationship to Patient _____

Phone Number _____

HOW DID YOU HEAR ABOUT US?

- ☐ Physician
- ☐ Hospital
- ☐ Internet/Social Media
- ☐ Insurance Company
- ☐ Friend/Relative
- ☐ Yellow Pages
- ☐ Newspaper
- ☐ Other _____

PATIENT INFORMATION SHEET

TODAY'S DATE _____

Patient's Last Name	First Name		Middle Initial	
Home Phone	Work Phone		Cell Phone	
E-mail Address	Date of Birth		Age	
Home Address Street	City	State Zip	Social Security Number	
Occupation	Employer Name		Zip	
Employer Address Street	City	State		

Birth Sex	☐ Female	☐ Male	☐ None ☐ Undifferentiated	☐ Unknown
Current Gender	☐ Female	☐ Male	☐ None	☐ Undifferentiated
Gender Identity	☐ Female ☐ Female-to-Male (FTM) Transgender Male/ Trans Man	☐ Male ☐ Male-to-Female (MTF) Transgender Female/ Trans Woman	☐ Genderqueer/Non-Binary Neither Exclusively Male or Female	☐ Choose Not to Disclose ☐ Additional Gender Category or Other Please Specify
Sexual Orientation	☐ Straight or Heterosexual ☐ Don't Know	☐ Lesbian, Gay or Homosexual ☐ Something Else, Please Describe	☐ Bisexual ☐ Choose Not to Disclose	☐ None
Preferred Pronoun	☐ She, Her, Hers ☐ Other	☐ He, Him, His ☐ None	☐ They, Them, Theirs ☐ Asked, but Unknown	☐ Ze, Hir ☐ Decline to Answer
Marital Status	☐ Single ☐ Annulled ☐ Domestic Partner	☐ Married ☐ Widowed ☐ Polygamous	☐ Divorced ☐ Interlocutory ☐ Unknown	☐ Legally Separated ☐ Life Partner

ADVANCED DIRECTIVES

Do you have: ☐ Durable Power of Attorney ☐ Living Will ☐ DNR (Do not Resuscitate) ☐ None of these

Please let us know if you would like more information on any of the above items.

Employer: _____ **Occupation:** _____ **Year Retired:** _____

MEDICATIONS & VITAMINS

Please list all of your medications, prescription and nonprescription, and the dosage amount:

Medications	Dosage, how taken
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

PATIENT INFORMATION SHEET

Name: _____

Please list all vitamins, supplements and other over the counter products.

Vitamins/OTC	Dosage, how taken
1.	
2.	
3.	
4.	

Please list medication ALLERGIES or medications you cannot take. Check here if NO allergies. ☐

1.	3.
2.	4.

PHARMACY INFORMATION

Preferred Pharmacy Name	Pharmacy Phone Number	Pharmacy Address
Alternative Pharmacy Name	Pharmacy Phone Number	Pharmacy Address

PAST MEDICAL HISTORY

Please place a check mark in the box if you have ever experienced any of the following conditions. Also, if you know the year, please include it.

	Year		Year		Year		Year
☐ Allergies		☐ Blood Clots		☐ Gallbladder Disease		☐ MI/Heart	
☐ Anemia		☐ Cancer		☐ Reflux/GERD		☐ Osteoarthritis	
☐ Angina		☐ CVA/Stroke		☐ Hepatitis C		☐ Osteoporosis	
☐ Anxiety		☐ COPD/Lung		☐ High Cholesterol		☐ Peptic Ulcer	
☐ Arthritis		☐ Coronary Artery		☐ High Blood Pressure		☐ Kidney/Renal	
☐ Asthma		☐ Crohn's Disease		☐ Irritable Bowels		☐ Seizures	
☐ Atrial Fibrillation		☐ Depression		☐ Liver Disease		☐ Thyroid	
☐ Benign Prostatic Hypertrophy		☐ Diabetes		☐ Migraine Headaches		☐ Other	

PATIENT INFORMATION SHEET

Name: _____

PAST SURGICAL HISTORY

Please place a check mark in the box if you have ever had any of the following surgeries. Also, if you know the year, please include it.

	Year		Year		Year
☐ Angioplasty		☐ Cesarean Section		☐ Myomectomy	
☐ Angioplasty With Stent		☐ Colectomy (Colon Removed)		☐ ORIF/ Hip Fracture	
☐ Appendectomy		☐ Colostomy (Wear A Bag)		☐ Pacemaker	
☐ Arthroscopic Knee Surgery		☐ D and C		☐ Prostate Biopsy	
☐ Back Surgery		☐ Gastric Bypass		☐ Small Bowel Resection	
☐ Breast Biopsy		☐ Hernia Repair		☐ Thyroidectomy	
☐ Breast Augmentation		☐ Hip Replacement		☐ Tonsillectomy	
☐ Breast Reduction		☐ Hysterectomy		☐ Tubal Ligation	
☐ CABG/Bypass Surgery		☐ Knee Replacement		☐ TURP /Prostate Removal	
☐ Carpal Tunnel		☐ Lasik		☐ Vasectomy	
☐ Cataract		☐ Liver Biopsy		☐ Other:	
☐ Cholecystectomy (Gallbladder)		☐ Mastectomy		☐	

PAST DIAGNOSTICS

Please place a check mark in the box if you have ever had any of the following tests or procedures. Please include the approximate date the procedure was completed and the results, if known.

	Approximate Date	Results (if known)		Approximate Date	Results (if known)
☐ Colonoscopy			☐ Eye Exam		
☐ Sigmoidoscopy			☐ Dental Exam		
☐ Echocardiogram			☐ PPD		
☐ Cardiac Stress Test			☐ Pulmonary Function Test		
☐ Cardiac Catheterization			☐ Bone Density/ Dexa Scan		
☐ Holter Monitor			☐ Diabetes Test		
☐ Lipid Panel			☐ Hepatitis C Test		
☐ Mammogram			☐ Last Pap Smear		

PATIENT INFORMATION SHEET

Name: _____

FAMILY HISTORY

Please check if any family member has ever had any of the following conditions. Include information even if the person is deceased.
Please check here if you are adopted. ☐

	Mother	Father	Sister	Brother	Grandparents	Other
ADD/ADHD						
Alcoholism						
Allergies						
Alzheimer's Disease						
Asthma						
Blood Disease						
CAD / Heart Disease						
Heart Disease Before Age 50						
Cancer :Type						
Cancer: Type						
CVA /Stroke						
Depression						
Diabetes						
Eczema						
Hearing Deficiency						
High Cholesterol/Hyperlipidemia						
High Blood Pressure /Hypertension						
Irritable Bowel Disease						
Learning Disability						
Mental Illness						
Migraines						
Obesity						
Osteoarthritis						
Osteoporosis						
Peripheral Vascular Disease/PVD						
Renal/Kidney Disease						
Seizures/Epilepsy						
Other:						

SOCIAL HISTORY & HEALTH MAINTENANCE

Do you use tobacco? ☐ No ☐ Yes ☐ Former Type of tobacco used? _____

Packs per day if cigarettes? _____ Years smoked? _____ Date Quit? _____

Other tobacco (cans, cigars) per day? ____ Years smoked? _____ Date Quit? _____

Do you drink alcohol? ☐ Currently ☐ Never ☐ Former Date Quit? _____

Type of alcohol? _____ Daily amount? _____ How often? _____

Vaccine:	Date of Last Vaccine:	Vaccine:	Date of Last Vaccine:
☐ Hepatitis A	1st:_____ / 2nd: _____	☐ Meningococcal	
☐ Hepatitis B (3 shot series)	1st:_____ / 2nd: _____ / 3rd: _____	☐ Pneumococcal	
☐ HPV/Gardasil	1st:_____ / 2nd: _____ / 3rd: _____	☐ Tetanus	
☐ Influenza		☐ Varicella/Chicken Pox (childhood)	
☐ Measles/Mumps/Rubella		☐ Herpes Zoster (adult)	

PATIENT INFORMATION SHEET

Name: _____

Please check the box if you are currently experiencing any of the following:

General
- ☐ Chills
- ☐ Fatigue/Tiredness
- ☐ Fever
- ☐ Feel Lousy/Malaise
- ☐ Night Sweats
- ☐ Weight Gain
- ☐ Weight Loss

Eyes, Ears, Nose & Throat
- ☐ Ear Drainage
- ☐ Ear Pain
- ☐ Eye Discharge
- ☐ Eye Pain
- ☐ Hearing Loss
- ☐ Nasal Drainage
- ☐ Sinus Pressure
- ☐ Sore Throat
- ☐ Visual Changes

Respiratory/Lung
- ☐ Chronic Cough
- ☐ Cough
- ☐ TB Exposure
- ☐ Shortness of Breath
- ☐ Wheezing

Cardiovascular/Heart
- ☐ Chest Pain
- ☐ Calf Pain with Walking/Claudication
- ☐ Swelling, Fluid Retention/Edema
- ☐ Heart Racing/Palpitations

Gastrointestinal/GI
- ☐ Abdominal Pain
- ☐ Blood in Stools
- ☐ Change in Stools
- ☐ Constipation
- ☐ Diarrhea
- ☐ Heartburn
- ☐ Loss of Appetite
- ☐ Nausea
- ☐ Vomiting

Urinary
- ☐ Dribbling
- ☐ Dysuria/Pain on Urination
- ☐ Hematuria /Blood in Urine
- ☐ Polyuria/Excessive Urination
- ☐ Slow Stream
- ☐ Urinary Frequency
- ☐ Urinary Incontinence
- ☐ Urinary Retention

Circulation
- ☐ Blood Clots/Thrombophlebitis
- ☐ Ulcer of the Feet or Legs

Female Reproductive
- ☐ Abnormal Pap
- ☐ Breast Discharge
- ☐ Breast Lump
- ☐ Dysmenorrhea/Painful Periods
- ☐ Dyspareunia/Painful Sex
- ☐ Hot Flashes
- ☐ Irregular Menses (Period)
- ☐ Vaginal Discharge
- ☐ LMP(Period): _____

Metabolic/Endocrine
- ☐ Brittle Hair
- ☐ Brittle Nails
- ☐ Cold Intolerance
- ☐ Hair Changes
- ☐ Heat Intolerance
- ☐ Hirsutism/Excessive Facial Hair
- ☐ Polydipsia/ Excessive Thirst
- ☐ Polyphagia/ Excessive Eating

Neurological
- ☐ Dizziness
- ☐ Extremity Numbness
- ☐ Extremity Weakness
- ☐ Gait Disturbance/Difficulty Walking
- ☐ Headache
- ☐ Memory Loss
- ☐ Seizures
- ☐ Tremors

Mood
- ☐ Anxiety
- ☐ Depression
- ☐ Insomnia

Skin
- ☐ Contact Allergy
- ☐ Hives
- ☐ Itching
- ☐ Mole Changes
- ☐ Rash
- ☐ Skin Lesion

Musculoskeletal
- ☐ Back Pain
- ☐ Joint Pain
- ☐ Joint Swelling
- ☐ Muscle Weakness
- ☐ Neck Pain

Hematologic/Blood
- ☐ Easy Bleeding
- ☐ Easy Bruising
- ☐ Lymphadenopathy/Enlarged Lymph Nodes

Allergies
- ☐ Environmental Allergies
- ☐ Food Allergies
- ☐ Seasonal Allergies

Male Reproductive
- ☐ Erectile Dysfunction/ED
- ☐ Penile Discharge
- ☐ Sexual Dysfunction

Other
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

_____ _____

Patient/Parent/Care Giver Signature Date

Date: _____

Patient Information Sheet

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

- ☐ Asian
- ☐ American Indian or Alaska Native
- ☐ Black or African American
- ☐ Native Hawaiian/Other Pacific Islander
- ☐ White
- ☐ Decline to Specify
- ☐ Other Race

PREFERRED LANGUAGE

- ☐ English
- ☐ Spanish
- ☐ Bosnian
- ☐ Russian
- ☐ Italian
- ☐ French
- ☐ German
- ☐ Chinese
- ☐ Japanese
- ☐ Central Khme
- ☐ Haitian; Haitian Creole
- ☐ Hebrew
- ☐ Portuguese
- ☐ Korean
- ☐ Somali
- ☐ Arabic
- ☐ Spanish Castilian
- ☐ Vietnamese
- ☐ Hindi
- ☐ Polish
- ☐ Thai
- ☐ Other
- ☐ Bulgarian
- ☐ Urdu
- ☐ Swahili
- ☐ 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

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

SSM Urgent Care

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 Ridgecrest 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

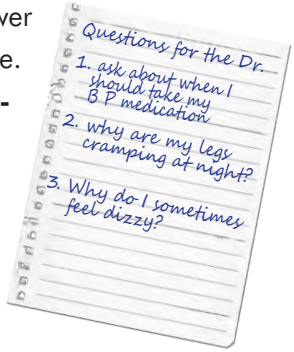
3 Things you need to show at the front desk

- ✓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

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. 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.

Find us on: facebook
facebook.com/essehealth

YouTube Broadcast Yourself
youtube.com/essehealth

twitter
twitter.com/essehealth

For more information about Esse Health and your medical home, please visit:
www.essehealth.com