



NORTH POINT  
Health & Wellness Center

## COMMUNITY NEWSLETTER

MARCH 2023

# MARCH FOOD & FUND DRIVE



## Support NorthPoint's March Fund & Food Drive!

Each year, we dedicate the month of March to raise awareness about food access, to enhance our efforts to distribute healthy food and necessities, and to partner with local organizations to create a healthier community! We invite you to sponsor a [March Fund & Food Drive](#) with your employment group, faith community, block club or book club.

[Financial gifts](#) are the most effective way to support the Food Shelf. We can stretch your dollar to buy perishable items like meat and dairy products!

If you would like to host a nonperishable food drive at your workplace, worship center, etc., check out our [food drive toolkit and guidelines!](#)

Thank you for partnering with us to create a healthier community!

## March is Colorectal Cancer Awareness Month

Unlike many cancers, colorectal cancer can be preventable with screening and highly treatable when detected early. If you are 45 or older and at average risk, it's time to get screened.



Our Making Health Happen podcast features an [episode on colorectal cancer awareness](#). Check it out on YouTube!

Metro Transit Micro is

## Expanding!

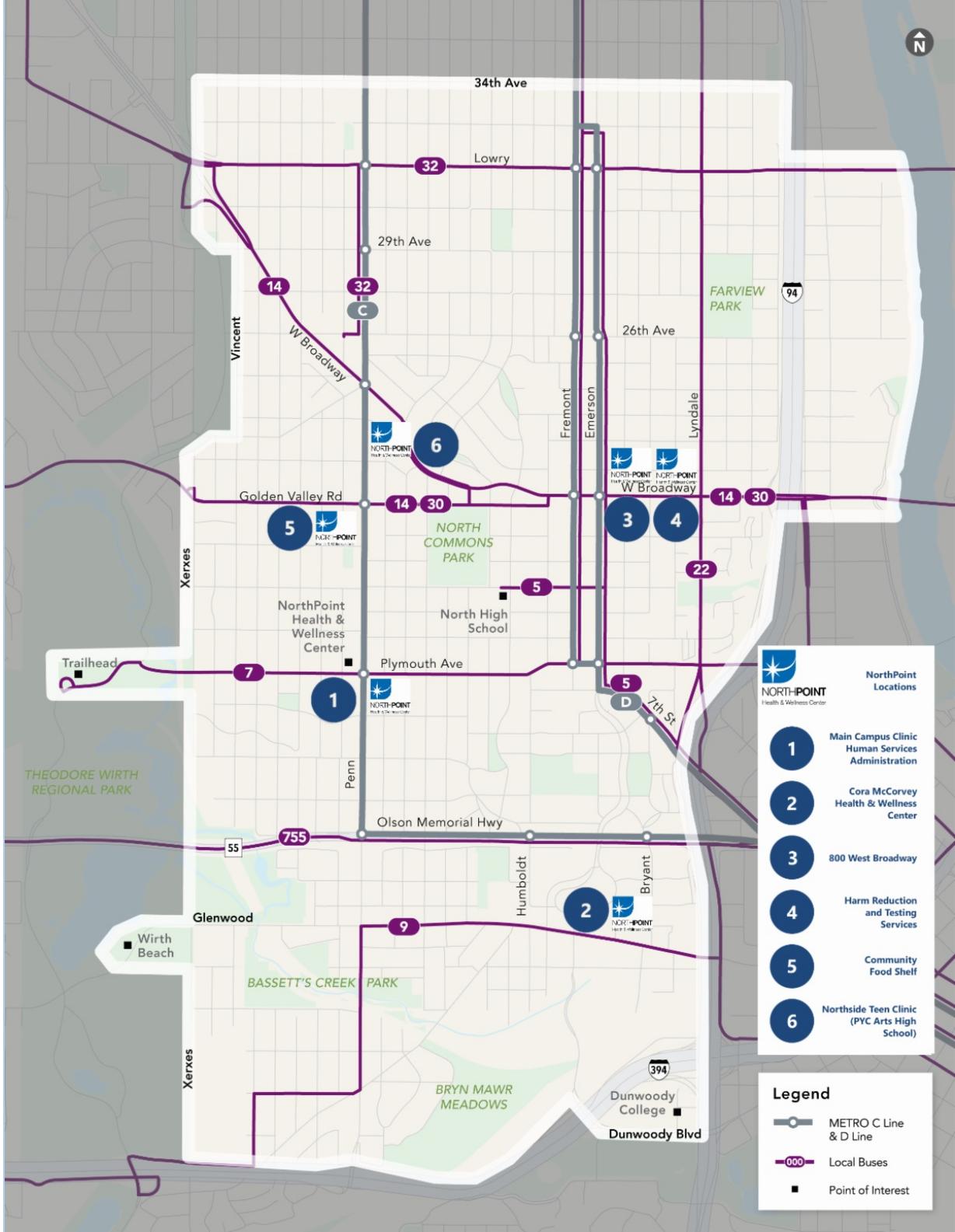


As of Monday, February 27, [Metro Transit micro](#) has expanded its service area to include all NorthPoint locations! With Metro Transit micro, you can book a ride from wherever you are in the service area and a bus will come to you. Scroll down to view the service area map with NorthPoint locations.

### HOW IT WORKS:

1. Download the Metro Transit micro app or call 651-602-1170
2. Create an account with your phone number and email address
3. Book a ride
4. Get picked up

***Metro Transit micro costs the same as local bus routes and you can pay fare in cash, Go-To Card, or the Metro Transit app***



*Pictured: Metro Transit micro service area map with NorthPoint locations*



## Good Faith Estimates

**Did you receive a Good Faith Estimate for your upcoming visit?**

If you received a Good Faith Estimate (GFE) recently, it may not reflect your newest benefits. Your insurance or

Medicaid coverage may have changed or expired.

A GFE **is not a bill**. You may or may not be charged the full amount listed on the GFE. It lists the items or services that can be reasonably expected for your health care needs, and it shows you how much the items and services will cost. This is based on what we know at the time we make the estimate.

If you have new benefits information or questions, please call us at **612-543-2500** to update us over the phone. You may also update your benefits information on [MyChart](#) or bring your newest information to your next visit.

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## Campus Expansion Updates

### Campus Expansion Spotlight: *New Medical Space*



*Pictured: New two-story north addition of clinic, which will house Medical care services, opening Monday, March 27*

Each month we are highlighting some exciting efforts behind NorthPoint's campus expansion. This month we highlight the new Medical care space, which will feature new exam rooms with state-of-the-art technology, expanded nurses' stations, and large, bright waiting areas. The new Medical space will be a two-story layout, and we will have new elevators to help guests move between levels. Medical care will be moving into the new space throughout the month of March, and it will be open for use on Monday, March 27. Guests will continue to enter through the south entrance on Plymouth Ave.

## Pharmacy Closed March 10 to Move Into New Space

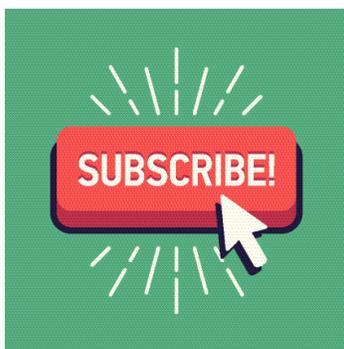


*Pictured: New Pharmacy space, to open Monday, March 13*

NorthPoint Pharmacy will be **closed on Friday, March 10**, to move into our new space! The new Pharmacy will be **open Monday, March 13**. It will feature five pick-up windows with dividers for privacy.

For pharmacy questions, please call **612-543-2533**.

*For the most recent updates to location and parking, please visit our [Campus Expansion webpage](#)*



### Watch Making Health Happen

Have you checked out *Making Health Happen* yet? In each episode, we interview guests about health and wellness topics important to North Minneapolis. You can now watch every episode on YouTube. And make sure to [subscribe to our YouTube channel!](#)

#### WATCH NOW:

[Episode 1: Health Equity & Black History with Stella Whitney-West](#)

[Episode 2: Heart Health with Dr. Rahshana Price-Isuk](#)

[Episode 3: Nutrition with Karen Blanchard](#)

[Episode 4: Colorectal Cancer Awareness with Dr. Rahshana Price-Isuk](#)

[Episode 5: Alcohol Awareness with Dr. Helen Thomas and Wendy Nelson, RN](#)

[Episode 6: Oral Cancer Awareness with Dr. Michael Brooks](#)

[Episode 7: High Blood Pressure Awareness with Dr. Kevin Gilliam](#)

[Episode 8: Mental Health Awareness with Carmita McGlory](#)

[Episode 9: Kids' Mental Health with Zadok Nampala](#)

[Episode 10: Kids Ask Us about COVID](#)

[Episode 11: Men's Health with Dr. Kevin Gilliam and Isiah Jones](#)

[Episode 12: 2SLGBTQIA+ Pride with Dr. John Gatermann](#)

[Episode 13: Health Screenings with Dr. Janna Carlson](#)

[Episode 14: Hepatitis Awareness with Dr. Robin Councilman](#)

[Episode 15: Maternal and Child Healthcare with Dr. Lavonne Moore](#)

[Episode 16: Immunization Awareness with Dr. Carrie Nedrud and Kathy Kreitzer](#)

[Episode 17: Suicide Prevention with Zadok Nampala](#)

[Episode 18: Recovery Awareness with Dr. Lolita King](#)

[Episode 19: Lung Health Awareness with Dr. Paul Erickson](#)

[Episode 20: Breast Health Awareness with Lisa Jonas](#)

[Episode 21: Diabetes Awareness with Michelle Kimber](#)

[Episode 22: HIV/AIDS Awareness with Dr. Helen Thomas and To the Point](#)

[Episode 23: Flu Vaccine Awareness with Dr. Carrie Nedrud and Kathy Kreitzer](#)

[Episode 24: Health Literacy with Dr. Kevin Gilliam](#)

## COVID-19 Basics

**Don't forget...**

- GET VACCINATED
- FOLLOW VACCINATION GUIDELINES
- WEAR A MASK
- IN PUBLIC INDOOR SPACES
- TEST YOURSELF
- IF YOU HAVE SYMPTOMS OR EXPOSURE

**FEBRUARY 2023** February is American Heart Month, a time when all people can focus on their heart health. This includes getting a COVID-19 vaccine.

### **Please Note:**

Due to COVID restrictions, NorthPoint medical, dental and behavioral health services are by appointment only. Call 612-543-2500 to get scheduled.

Masks are still required in all NorthPoint facilities, no matter your vaccination

status.

Visit our [COVID-19 information page](#) to learn more about the COVID-19 vaccine.

### **COVID-19 Vaccine**

It's easy to get a COVID-19 vaccine at NorthPoint. We provided 21,894 doses in 2021 and 5,630 doses in 2022. Appointments are required. Call for an appointment at 612-348-9000.

### **COVID-19 Testing**

NorthPoint continues to administer COVID-19 tests. We administered 8,756 in 2020, 3,794 in 2021, and 2,665 in 2022. Appointments are required. Call for an appointment at 612-543-2500.

## Join the NorthPoint Team

- [Employment at Hennepin County](#)
- [Employment at NorthPoint Inc.](#)



*Photo Credit: Bill Cooper*



### **Quick Access:**

- [Visit our website](#)
- [The Pharmacy App](#)
- [Online Bill Pay](#)

