



NORTH POINT
Health & Wellness Center

COMMUNITY NEWSLETTER

OCTOBER 2023



Pictured: NorthPoint Staff at Fit4Fun 2023

Do You Have Medical Assistance (Medicaid) or MinnesotaCare?

Your time to re-apply and renew your health insurance may be soon. Visit the [MN Department of Human Services](#) to find out ways to renew. If your information is updated, they will be able to contact you directly when it's time to renew.

If you have already received a renewal application and need help completing it, call NorthPoint at **612-767-9500**, or contact a [MNsure navigator](#).

Reminder: Food Shelf Has a New Address!

Our [Community Food Shelf](#) is located at a new address as of July 31:

**2220 Plymouth Ave N
Minneapolis, MN 55411**



The Community Food Shelf is located on the north end of the building.

Free parking is available in our north lot (enter from 14th Ave N). Free overflow parking is still available in our ramp at 1256 Penn (enter from Plymouth Ave N & Oliver Ave N).

Questions? We'd love to hear from you! Please call us at **612-767-9500**. Or

learn more at northpointhealth.org/food.



October is National Breast Cancer Awareness Month!

National Breast Cancer Awareness Month is held in October every year to promote screening and prevention of the disease.

You can get your yearly mammogram at NorthPoint. Visit our [Lab and radiology page](#) or call **612-543-2500** to learn more.

And check out our [Breast Cancer Awareness Month episode](#) of *Making Health Happen!*

October is Healthy Lung Month!

Healthy Lung Month raises awareness about chronic lung diseases.

NorthPoint provides support to help you quit smoking. You can talk to a clinical pharmacist about your options over the phone. Visit our [Help quit smoking page](#) or call **612-543-2500** to learn more.



NorthPoint wants to help improve the support and resources for people who want to stop vaping and using tobacco products. Please sign up for a group conversation to help us learn more. We are looking for:

- NorthPoint patients,
- Current or former smoker or vaper,
- 18 years of age or older, and
- US-born Black American

Each participant will get a **Visa Gift Card** for their time. Several dates in October are available. To sign up, visit our [group conversation registration form](#).

Campus Expansion Updates

Ambassadors can help you find your way to new locations!



Pictured: NorthPoint Ambassadors (left to right) Christina Garcia, Gan Thao, and Nadia Tamaisar

NorthPoint is coming closer to the end of the campus expansion! NorthPoint Ambassadors can help you find your way around the main campus facility. In October, several services will move to their new, permanent locations within the main campus facility, including:

- Behavioral Health
- Insurance (Financial Case Aids)
- WIC

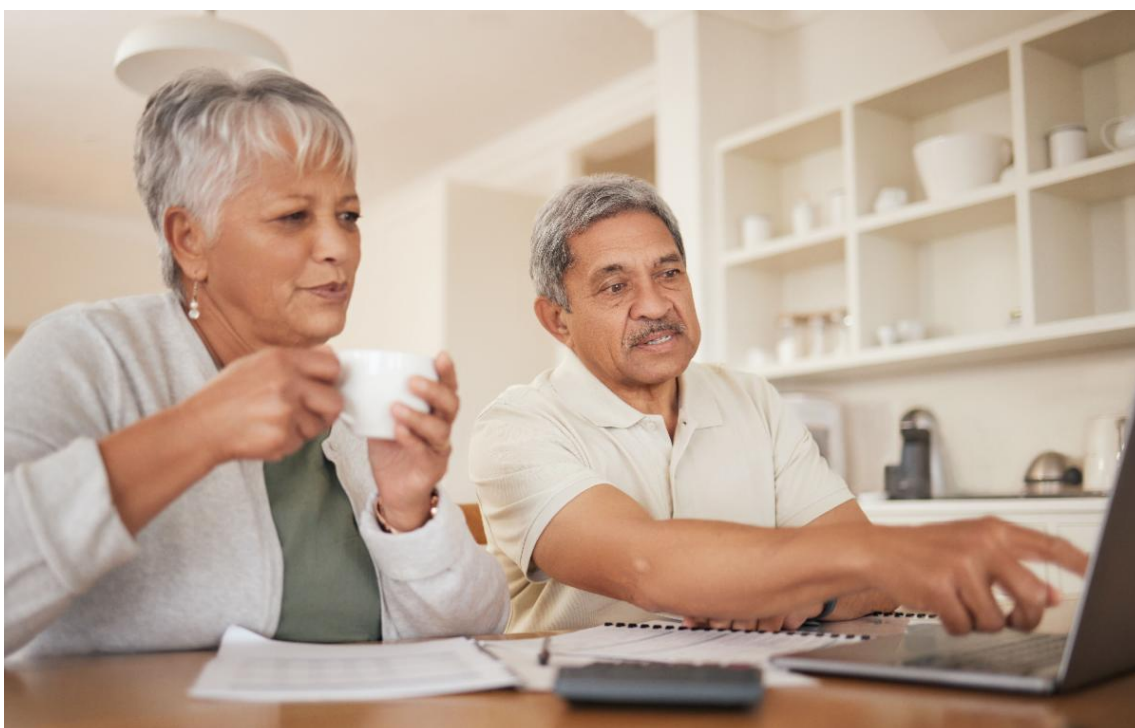
For the most recent updates to location and parking, please visit our [Campus Expansion webpage](#)



Pictured left to right: Operations Manager, Ellen Johnson; Dental Director, Michael A. Brooks, DDS; Chief Executive Officer, Stella Whitney-West, MBA; Clinical Services Director, Rahshana Price-Isuk, MD; MN State Rep. Robert Bierman (56A); and Behavioral Health Director, Michael J. Thomas, PsyD.

Rep. Robert Bierman visits NorthPoint

Minnesota State [Representative Robert Bierman](#) visited NorthPoint on Friday, September 15, 2023, where he toured the newly expanded campus and talked with NorthPoint Leaders about our health priorities. Rep. Bierman is the Vice Chair of the [Health Finance and Policy Committee](#).



Get Help with MyChart, Phone, and Video Visits!

At NorthPoint we can help you complete your phone or video visits with your

providers. We can also support you with [MyChart](#) access and other technical services like Zoom, Teams, and email newsletter sign-up. Call us at **612-348-9151** for more information!



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.

COVID-19 Basics



NORTHPOINT
Health & Wellness Center

**To Protect Yourself and
Others from Covid-19**

If you feel sick...



GET VACCINATED

For more information, visit northpointhealth.org/coronavirus-updates

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 if you feel sick or if you have been around someone with COVID-19.

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. Appointments are required. Call for an appointment at **612-348-9000**.

COVID-19 Testing

NorthPoint continues to administer COVID-19 tests. Appointments are required. Call for an appointment at **612-543-2500**.

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](#)

NorthPoint in the News

- [Sen. Smith talks food insecurity in Anoka](#)
[ABC Newspapers]



Join the

NorthPoint Team

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



Photo Credit: Bill Cooper



Quick Access:

- [Visit our website](#)
- [MyChart/Pharmacy Refills](#)
- [Online Bill Pay](#)



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