



NORTHPOINT  
Health & Wellness Center

## COMMUNITY NEWSLETTER

NOVEMBER 2023



*The artist Charles Caldwell was spotted on campus checking out his recently installed work near the dental department.*

## Give to the Max

**Give to the Max Day is November 16, 2023.**

NorthPoint is proud to partner with the community to provide access to healthcare and basic needs. When you give on Give to the Max Day, your partnership helps NorthPoint provide medical, dental, and behavioral health services integrated with access to food, housing support, early childhood & youth resources, and resources for new families as well as adults over 65.



Partnering to create a healthier community, please Give to the Max and [donate](#) today.



## 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,

## November is American Diabetes Month!

This month is a chance to raise awareness about diabetes and provide ways to manage it.

It's a time to get educated, find resources and spread awareness.



Check out our episode on [Diabetes Awareness](#) of *Making Health Happen!*

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## November is Native American Heritage Month!

Every November is a time to rejoice in the diverse and rich cultures, histories, and traditions and to acknowledge the importance of our Native American community.

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## Campus Expansion Updates

*Guest Services Desk is now open!*



NorthPoint is coming closer to the end of the campus expansion! Our Guest Services Desk, now open along Main Street, can help you with your needs when you arrive.

The Guest Services Desk can help you with:

- Registration
- Check-in
- Billing
- Insurance

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



## Career Workshop Series

NorthPoint is providing opportunities to work one-on-one with a skilled business coach. Lunch will be provided.

Visit our [Ready For Success](#) registration page for dates and times and to learn more information.



## 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!

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## 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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# 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](https://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](#)

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## Join the NorthPoint Team

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





## Quick Access:

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



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