



NORTHPOINT
Health & Wellness Center

COMMUNITY NEWSLETTER

MAY 2024



Pictured: NorthPoint Staff participating in Volunteer Appreciation Day



Partnering to create a
healthier community

You're Invited to Our Open House on May 18!

NorthPoint Health & Wellness Center invites you to join in celebrating our historic campus expansion. Come check out our new space!

The Open House Celebration will take place on Saturday, May 18, 2024, from 11:00am to 2:00pm. Located at: 2220 Plymouth Avenue North, Minneapolis, MN 55411.

Please park in the ramp located at 1256 Penn Avenue North (entrance on Plymouth Ave. N and Oliver Ave. N).

2024 Top Doctors: Rising Star Edition

Congratulations to Dr. Helen Thomas for being recognized in the *Mpls. St. Paul*

Magazine's 2024 Top Doctors: Rising Star Edition! These doctors have been recognized for significant achievements in their first 10 years as medical professionals for advancing treatments, improving care, and using their talents to help individuals get and stay healthy.

Dr. Thomas has been with NorthPoint since 2017. She is passionate about serving the whole family including babies, children, pregnant women, adults, and elders. She has a special interest in chemical dependency including suboxone prescribing, care for the 2SLGBTQIA+ community including gender-affirming hormones, weight-neutral approaches to health care, reproductive health, and diabetes.



Thank you, Dr. Thomas, for partnering with us to create a healthier community!)



Free Fresh Food Fridays Return for 2024!

We are excited to bring back Free Fresh Food Fridays for 2024! Tons of fresh fruits, vegetables, and community resources will be set up on each date, all summer long - rain or shine! Everyone in the community is welcome at this event.

Dates: 2nd and 4th Fridays of the month, May

through September

- May 10 & 24
- June 14 & 28
- July 12 & 26
- August 9 & 23
- September 13 & 27

Time: 9:30am until supplies run out

Location: Parking lot at Penn & 14th

[link on website for event information and flyers]

[Volunteer questions and application](#)

[Community tabling reservations](#)

Brought to you in partnership with [Urban League Twin Cities](#) and the [U of MN Urban Research and Outreach Engagement Center \(UROC\)](#).

We LOVE our Volunteers!

Smiles, laughter and FUN at the 2024 Volunteer Recognition and Appreciation event where we had a chance to check out the new campus, play some games and join in fellowship and friendship.

Learn more and become involved today @ [Get Involved](#) or contact Jamiela Taylor at jtaylor@npimn.org or visit our [Volunteer sign-up form!](#)



Blood Drive May 18!

On Saturday, May 18 from 9:00am to 3:00pm NorthPoint Health & Wellness Center will roll up our sleeves and help save lives!

We will proudly partner with the American Red Cross to hold what we expect to be the first of many blood drives. The Red Cross has over 135 years of experience providing humanitarian aid - including more than 75 years of supplying blood to those in need.

Come to give and receive a \$20 gift card thanks to Amazon! Let's show our community and the patients in need of blood just how much we can do!

Sign up today here: [Blood Drive](#)

Northside Pride: Health and Wellness Resource Fair June 1!

Join NorthPoint as we host a Northside Pride: Health and Wellness Resource Fair on Saturday, June 1, 2024, from 11:00am to 3:00pm.



There will be food, music, resources, STI/STD screenings, vaccines and keynote speakers.

The Resource Fair will be held rain or shine at: 1256 Penn Avenue North, 5th Floor, Minneapolis, MN 55411. We hope to see you there!!!



May Is National Mental Health Awareness Month!

May is Mental Health Awareness Month, which is dedicated to raising awareness about mental illness, and its impacts on people of all ages in our communities! NorthPoint partners with local area schools to provide health and behavioral health services to the students.

Find out about counseling and psychiatric care for individuals, couples and families, for issues like depression, anxiety and relationships. Appointments 612-543-2500.

May Is High Blood Pressure Education Month!

High blood pressure, also known as hypertension, is a major risk factor for heart disease. Did you know that half of Americans have high blood pressure, and many don't even realize it?



NorthPoint Health & Wellness Center can help you keep your heart health in check with primary medical providers, staff dietitians, health coaches, and blood pressure education groups. For more information, call 612-543-2500 or visit northpointhealth.org.

For even more tips, check out our Making Health Happen episode about [Blood Pressure Awareness](#)

Do You Have Medical Assistance (Medicaid) or

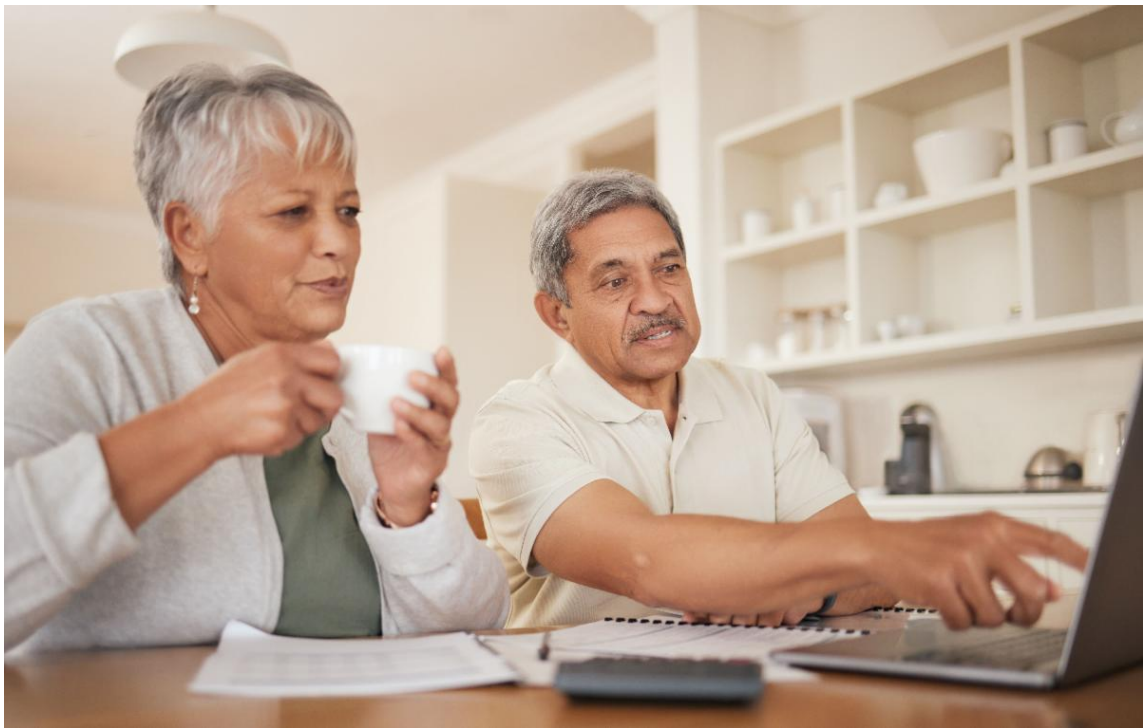
MinnesotaCare?

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](#).



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

The infographic features a red header with the NorthPoint Health & Wellness Center logo on the left and the text "To Protect Yourself and Others from Covid-19" and "If you feel sick..." on the right. Below the header is a central area with a yellow background and a pattern of white virus particles. It contains four circular icons: a person with a lightning bolt and a thermometer labeled "CHECK YOUR SYMPTOMS", a person wearing a mask labeled "START WEARING A MASK", a test tube and virus particles labeled "GET TESTED", and a person inside a house labeled "STAY HOME IF YOU TEST POSITIVE". At the bottom is a red banner with the text "GET VACCINATED" and "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 by checking out our [Making Health Happen Playlist](#) on YouTube.

Join the NorthPoint Team

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



Photo Credit: Bill Cooper



Quick Access:

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



NorthPoint Health & Wellness Center | 2220 Plymouth Ave N, Minneapolis, MN 55411

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