



NORTH POINT
Health & Wellness Center

COMMUNITY NEWSLETTER

FEBRUARY 2024



Pictured: NorthPoint Staff and Volunteers

February is Black History Month

Black History Month is celebrated nationally each year during February. It is a time to highlight the

contributions and achievements of African American individuals and communities, as well as their struggles for freedom and equality in the United States.



Hennepin County libraries will celebrate and honor Black History Month this February with public programs, displays and activities in libraries, and recommended book, music, and film lists.

The theme for 2024 is African American and the Arts.

Program:

[Stories for Black History Month](#)

[Humanize My Hoodie Gallery Reception](#)

[Bringing Books to Life for Black History Month](#)

Recommended music, books, and films based on this year's theme:

[African Americans and the Arts - Film](#)

[African Americans and the Arts - Music](#)

[African Americans and the Arts - Music, performance, and fashion](#)

[African Americans and the Arts - Visual arts, writing, and poetry](#)

[African Americans and the Arts - Teens](#)

[African Americans and the Arts - Children](#)



New Campus, New Chances to Volunteer!

We are looking for volunteers to help with our food shelf, events, programs, and services. Groups and individuals can volunteer on a one-time or on-going basis. Contact Jamiela Taylor at jtaylor@npimn.org or visit our [Volunteer Sign-up Form!](#)



Pictured: NorthPoint Staff and Guest

National Children's Dental Health Month

February is National Children's Dental Health Month (NCDHM). This month dental professionals, healthcare providers, and educators to bring awareness to the benefits of good oral health to children, their caregivers, teachers and many others.

At NorthPoint Health & Wellness Center, we believe every child's smile should be the picture of health. We are pleased to partner with schools in our

community as part of our Community Outreach: Access to Community Health program (COACH).

To learn more, visit us at [our Dental page](#).



American Heart Health Month

February is American Heart Month, a time when all people are encouraged to focus on their heart health.

High blood pressure can cause heart disease and stroke. If you have high blood pressure, checking your own blood pressure can help you keep it under control. You can check your blood pressure with your own monitor at home or at a public blood pressure station at a grocery store, pharmacy or at NorthPoint.

More tips include checking your blood pressure at the same time every day and taking your medication at the same time every day.

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

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

Human Services Has a New Address!

NorthPoint Human Services has relocated to 2220 Plymouth Ave. N. Minneapolis, MN 55411.



Human Services programs include individualized coaching, social support groups, job search, housing resources, education and skill support, parent support, MNsure and SNAP application support, a Food Shelf, and more.

This places all major NorthPoint services - medical, dental, behavioral health, and human services - under one roof in our new expanded facility. We have satellite locations throughout North Minneapolis for some services. See our

[Locations page](#) for more info.

Check out our [Campus Expansion page](#) for the latest on NorthPoint's new facility.

We thank our guests, neighbors, and partners for your patience during our expansion over the last few years!



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](#).

COVID-19 Basics



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**.



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.

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



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