



**NORTHPOINT**  
Health & Wellness Center

# COMMUNITY NEWSLETTER

DECEMBER 2024



*Pictured: Staff and volunteers from the Community Toys For Tots Holiday Party 2023*

## Year End Giving!

As a community, we are stronger when we work together. Today and every day we are grateful for your partnership. Together with you, we can meet the evolving needs of the Northside community through access to integrated health and human services including food, housing support, early childhood & youth resources, and resources for new families as well as adults over 65. Partnering to create a healthier community, support us today:

- [Donate](#)
- [Volunteer](#)
- [Spread the word](#)



**SUPPORT NORTHPOINT TODAY!**

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



**NORTHPOINT**  
Health & Wellness Center



**Who is eligible for MinnesotaCare?**

People who:

- Live in Minnesota
- Meet income limits
- Lack other insurance options

Immigration status does not matter

**m**  
DEPARTMENT OF  
HUMAN SERVICES

Learn more at  
the table next to  
Guest Services



## Minnesota Care Expansion

MinnesotaCare has expanded eligibility to include individuals and families no matter their immigration status. Coverage starts 1/1/25 and enrollment has already begun.

It's a good idea to have health insurance because you and your family can save money on medical bills.

You should apply if you:

- Live in Minnesota.
- Don't have other health insurance options.
- Meet income limits.

NorthPoint will have a table set up next to our Guest Services desk at our Main Campus located at 2220 Plymouth Ave. N. MNsure Navigators will be available to help patients and non-patients with questions about signing up for insurance. For more information, please call 612-543-2500.

---

## Holiday Donation Drive!

Purchase items from the NorthPoint [Holiday Wish List](#) to support children and families in the community this holiday season.

Toy donations for this drive are being collected through Friday, December 13, 2024.

If you would like to make a toy donation in person, please email



familyhealth@npimn.org or call  
612.767.0903.



**FOOD SHELF**

2220 Plymouth Ave N (enter from 14th Ave N)  
Mon & Wed 10am-4pm | Tue & Thu 10am-6pm

*Weekly shopping for free food, household items, and more!*

Scan this QR code for NorthPoint food shelf information



## Food Shelf

The Food Shelf will have **new hours of operation!** Starting January 2, 2025, the Food Shelf will be open Mondays and Wednesdays 10am-4pm and Tuesdays and Thursdays 10am-6pm. Guests can shop weekly for fresh, free groceries ranging from produce, meat, dairy, canned goods, and bakery items.

Learn more about our [Food Shelf](#).

## Lung Health

NorthPoint provides support to help you quit smoking. You can talk to a clinical pharmacist about your options over the phone.

We can help you with:

- Understanding the risks of smoking and benefits of quitting
- Recognizing your smoking triggers
- Providing tips to help cut back and quit smoking
- Prescribing medications
- Offering ongoing support



NorthPoint also leads community efforts to [stop commercial tobacco use](#).

For more information, please call  
612-543-2500.



## Holiday Mental Health Awareness

Holidays can bring up a lot of emotions. We want to make sure our community is aware that NorthPoint's Behavioral Health team is here to talk. Guests can connect with a provider by contacting (612) 543-2500.

---

## Looking for an impactful volunteer opportunity?

Amplify your social impact! Become a NorthPoint Super Supporter by volunteering in our Food Shelf or assisting with events. We're looking for folks like YOU to partner with us to create a healthier community.



Contact Jamiela Taylor at [jtaylor@npimn.org](mailto:jtaylor@npimn.org) or visit our [Volunteer sign-up form!](#)

---



## 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...*



**CHECK  
YOUR  
SYMPTOMS**



**START  
WEARING  
A MASK**



**GET  
TESTED**



**STAY HOME  
IF YOU TEST  
POSITIVE**

**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 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](#)



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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)