



NORTHPOINT
Health & Wellness Center

COMMUNITY NEWSLETTER

APRIL 2025

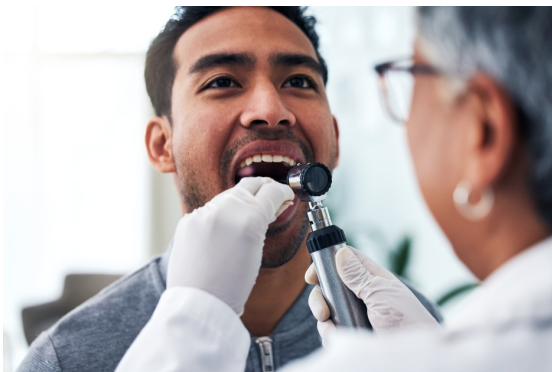


Pictured: Food Shelf Volunteers and NorthPoint Staff

March Food and Fund Drive!

Partnering to create a healthier community, THANK YOU for supporting NorthPoint's 2025 Food & Fund Drive and ensuring our community has access to healthy food. Together we are making a difference.

For more ways to get involved visit [NorthPoint Food Shelf](#).



Oral Cancer

Finding oral cancer early can save your life.

Things that may put you at higher risk are smoking, drinking, and HPV.

Ask your dental provider about your risk for oral cancer.



Alcohol Awareness

Drinking less alcohol is better for your health.

Concerned about your drinking? Or someone you love? NorthPoint can help.

Visit [opiate and alcohol-dependency services](#) or call (612) 543-2500.

A photograph of a smiling Black woman sitting on a green couch. She is wearing a red blazer over a white turtleneck and a colorful headwrap. The background is a bright, modern interior with large windows.

Get support
for your
heart health

QUESTIONS/REGISTRATION: 612.767.9154 | pmoore@npimn.org

A QR code with the text "SCAN ME" written below it in a stylized font.

NorthPoint Health & Wellness Center | 2220 Plymouth Ave N, Minneapolis, MN 55411 | www.northpointhealth.org

Healthy Hearts Social Group!

Having serious heart problems can be scary. NorthPoint offers support and resources for African American, Black, and Indigenous women who've had heart attacks, strokes or been diagnosed with heart disease.

Join us for our Health Hearts Social Group.

Tuesdays, 5:30-7:30pm

Starting 4/1/25 through 4/29/25

- Childcare available

- Dinner Provided

Sign up at [Healthy Hearts Registration](#)



Paths To Parenthood

NorthPoint helps young parents understand their legal rights and responsibilities in parenting.

We can help with:

- Advice for your parenting journey
- Understanding the costs of parenting
- Learning how kids grow and develop
- Building confidence in parenting decisions
- Building a strong connection with your kids

Call 612-767-9500 or 612-767-9187 for more info.



Women's Empowerment Group!

NorthPoint offers support to women of color on a journey to safety and empowerment, including those who have experienced abuse.

Our weekly support group offers space where you can be authentic and be you. We will have conversations about healing, financial wellness, parenting, and more. We can also help you set goals and check in with you on your needs.

Join us at NorthPoint (2220 Plymouth Ave N, Suite 1600 Human Services, Minneapolis MN 55411) to learn more. The group meets every Wednesday from 11 am to 12:30 pm starting March 19. Lunch and childcare provided!

Call 612-767-9500 or 612-767-0932 for more info.

A poster with a blue background. On the left is a photo of a smiling woman hugging a young boy. To the right of the photo is a yellow box with the text 'Who is eligible for MinnesotaCare?' followed by a list of criteria: 'People who: Live in Minnesota, Meet income limits, Lack other insurance options'. Below this, it says 'Immigration status does not matter'. At the bottom of the yellow box is the Minnesota Department of Human Services logo. To the right of the yellow box, on the blue background, is the text 'Learn more at the table next to Guest Services'. At the bottom right are the NorthPoint Health & Wellness Center logo and a QR code.

Who is eligible for MinnesotaCare?

People who:

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

Immigration status does not matter

Learn more at the table next to Guest Services

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DEPARTMENT OF HUMAN SERVICES

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Minnesota Care Expansion

You may now be eligible for MinnesotaCare. Your immigration status does not affect this. You may qualify even if you are undocumented

For more information, please call 651-539-2099 or visit [MNsurre - Minnesota's health insurance marketplace / MNsure](https://mn.gov/mnsure/).

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 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

Please Note:

To minimize infection risk, all visits to Medical, Dental, and Behavioral Health 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 **612-543-25**.

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:

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

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