



NORTHPOINT
Health & Wellness Center

COMMUNITY NEWSLETTER

FEBRUARY 2025



Pictured: Black Women's Day of Service, Martin Luther King Day, Jan 20, 2025



Help Paying for Your Visits

NorthPoint helps people in all financial situations pay for their healthcare bills. We are partnering with you to create a healthier community.

If you receive medical, dental, or behavioral health services at NorthPoint, here are your financial responsibilities:

- You can pay for your visit by cash, check, or credit.
- Online payments are available at northpointhealth.org/pay
- If you have insurance, bring your insurance card and your co-pay with you. No insurance? No problem. We can help you sign up!
- If you don't qualify for insurance, you can apply for the NorthPoint Discount Program. You may qualify based on your income and how many people live with you.
- If you don't qualify for the NorthPoint Discount Program, or if you can't pay

today, we can set you up on a payment plan that works for your financial situation.

We are here to help you! Questions? Call us at 612-543-2544 (billing) or 612-348-4900 (insurance).



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.

For a complete listing of events, visit [Events | Hennepin County Library | Celebrations and Cultural Heritage](#)



Heart Health Awareness!

Heart disease is very common.

Here are ways to improve your heart health:

- Exercise
- Choose health meals and snacks
- Quit or reduce smoking
- Check your blood pressure
- Get plenty of sleep and rest
- Find out about your family history

Talk to a doctor about your heart health. Call (612) 543-2500.



Kids' Dental Health Awareness!

Healthy smiles protect your health!

Dental health tips:

- Brush twice a day with fluoride toothpaste. Brushing should last for two minutes each time.
- Use floss, pick, or water flosser once a day.
- Eat healthy. Limit snacking, sweets and sugary sodas.
- Schedule regular dental visits every six months.



February Holiday Observances

NorthPoint will be closed in observance of President's Day on Monday, February 17, 2025.

A graphic with a blue background. On the left is a photo of a 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 "People who:" and a list of three bullet points: "Live in Minnesota", "Meet income limits", and "Lack other insurance options". Below this is the text "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 is a dark blue box with the text "Learn more at the table next to Guest Services". At the bottom right of the graphic are the NorthPoint Health & Wellness Center logo and a QR code.

MinnesotaCare 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.

For more information, please call 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 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:

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



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