



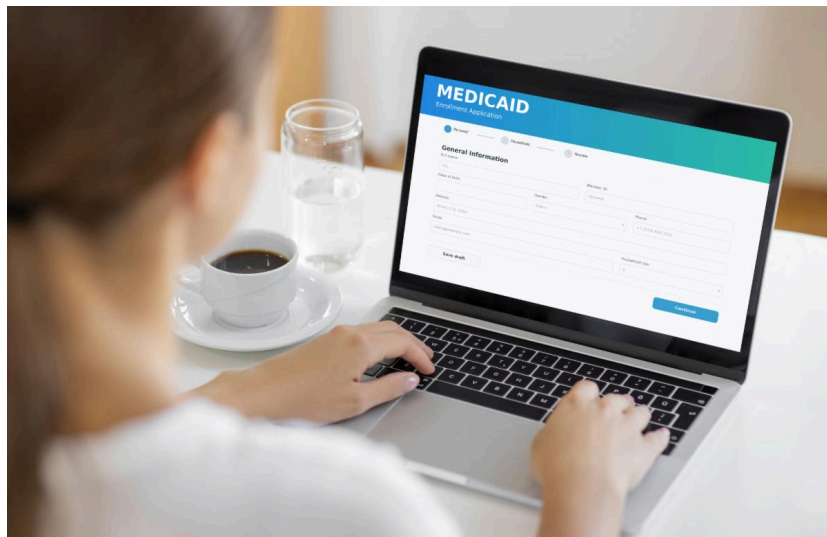
NORTHPOINT
Health & Wellness Center

COMMUNITY NEWSLETTER

OCTOBER 2026



Pictured: NorthPoint Leaders, Community Board Members and Staff at the 2026 MNACHC Many Faces Conference



Changes to Medical Assistance

Changes are coming to Medical Assistance (MA), and they may affect you. We know medical coverage can feel overwhelming, and we're here to help.

If you got something in the mail about your coverage, or if you aren't sure what your coverage status is, tell us at your next visit. We can check your information, connect you to an expert, and explore every option.

NorthPoint helps individuals and families in all financial situations. We can help with insurance applications, discount options, and payment plans.

Learn more about the [changes to MA](#)



**Your Health.
Your Coverage.
Your NorthPoint.**

HEALTH & COMMUNITY RESOURCE FAIR



**Thursday
OCTOBER 22, 2026**



4:00 pm - 7:00 pm



**NORTHPOINT HEALTH & WELLNESS CENTER
2220 Plymouth Ave. N.
Minneapolis, MN 55411**



Health & Community Resource Fair!

NorthPoint Health & Wellness Center is hosting a **Health & Community Resource Fair** on **Thursday, October 22, from 4:00–7:00 p.m.**

Health care is changing, and NorthPoint is helping community members understand what those changes may mean for them and their families.

Come to:

- Learn about health coverage and other changes that may affect them and their families
- Connect with NorthPoint providers, programs and services
- Meet community organizations and learn about available resources
- Get health information and blood pressure checks
- Get help navigating services and finding the right resources
- Enjoy refreshments, giveaways and drop-in childcare

Location

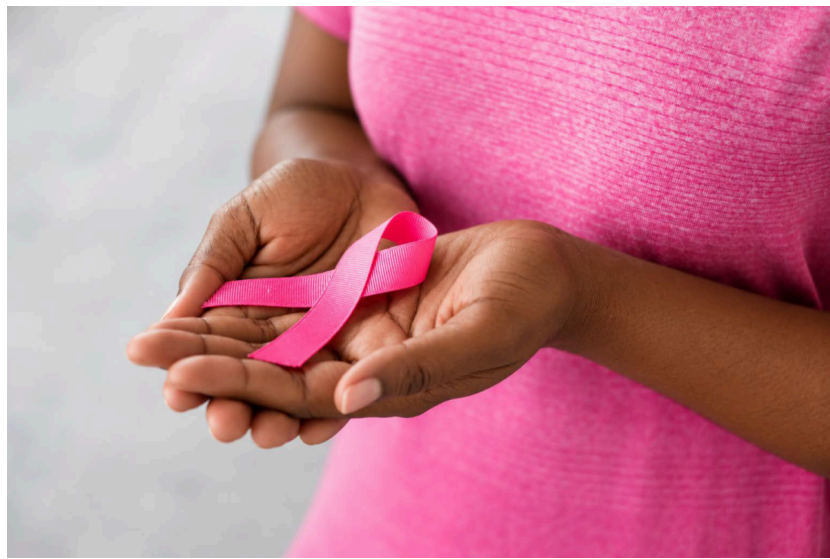
NorthPoint Health & Wellness Center
2220 Plymouth Ave. N., Minneapolis, MN 55411

All are welcome to join us for this event and get connected with resources, information, and support.

Learn more: [NP Health & Community Resource Fair](#)

Breast Cancer Awareness

Got breasts? Age 40 or over? Get a yearly mammogram! It's the best way to catch breast cancer early, before your body shows any signs of the disease.



Yearly mammograms can catch breast cancer when it is still small. Cancer caught early needs less treatment and is the most curable!

Choose a date and schedule your appointment:

- Wed, October 14: 8 a.m. to 4 p.m.
- Wed, October 21: 8 a.m. to 4 p.m.
- Tue, October 27: 4 to 7 p.m.

Insurance or SAGE will cover the cost of your mammogram if you are ages 40-74.



Community Health Quality Recognition!

NorthPoint provides high-quality care while using resources responsibly.

We received national recognition for our commitment to delivering effective care that supports better health for our guests and community.

We're here to partner with you. Choose NorthPoint for your whole-person care.

Call 612-543-2500.



Dental Hygiene

Healthy smiles protect your health!

Dental hygiene plays a huge role in your physical, mental, social, and economic well-being.

Here are a few dental hygiene reminders:

- Brush twice a day with fluoride toothpaste.
- Use floss, pick, or water flosser once a day.
- See a dental hygienist for professional cleaning.
- Reduce tobacco use.
- Eat healthy. Limit sweets and sugary sodas.



Register to Vote

Voting creates healthier communities. Register to vote today!

Next election: November 3, 2026

Learn more from the [MN Secretary of State](#).



Healthy Lungs

We can help you quit smoking. You can talk to a clinical pharmacist about your options. Learn more about [quitting smoking](#).



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](#).

Thursdays, 5:30-7:30pm

Starting 10/08, 10/15, 10/22, 10/29, 11/05 & 11/12/2026

- Childcare Available
- Dinner Provided

Sign up at [Healthy Hearts Registration](#)

Walk and Talk with A Doc!

Join NorthPoint and the Loppet Foundation for [Walk & Talk with a Doc](#).

Ask real doctors real questions about the health and wellness of you and your family.



We walk from NorthPoint to the Trailhead and back, about 2 miles total.

Enjoy refreshments and conversation. 3rd Friday of each month at 1:30 p.m.



Child Wellness Center

NorthPoint's [Child Wellness Center](#) provides space for your children ages 6 weeks to 12 years to play, read, and rest while you're receiving most services at NorthPoint.

Hours:

- Monday/Wednesday: 9:30 a.m. – 5 p.m.
- Tuesday/Thursday: 9:30 a.m. – 7:30 p.m.
- Friday: closed



Metro Transit Route 48

NorthPoint just got more connected.

Penn Ave & Plymouth Ave is now a stop along Metro Transit Route 48, a new local service route. This new route provides our guests with more transit options.

Route 48 replaces routes 14D and 14G while connecting North Minneapolis to Robbinsdale, Crystal, Golden Valley, and downtown Minneapolis.

Learn more about [transportation](#) to and from NorthPoint.



Never Miss An Update!

We use a new texting system.

Learn how to [get texts about your care](#) from our new number.



Download MyChart!

MyChart is an app that allows you to communicate with NorthPoint and manage your care from your computer, tablet or phone.

This tool helps you save time and keep your family healthy.

Go to northpointhealth.org/mychart to sign up and download the app.



NorthPoint Can Help You Pay For Your Visit

NorthPoint helps families and individuals in all financial situations.

We can help with insurance, discount options, and payment plans.

If you are part of the NorthPoint Discount Program, some of our fees are updated for 2026.

Learn more at [Billing and insurance](#) or call us at 612-543-2500.



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.



Parking at NorthPoint

Our free parking ramp at 1256 Penn Ave N is available to all guests of the NorthPoint main campus and the NorthPoint Conference Center.

The ramp entrance is located at Plymouth Ave and Oliver Ave N.

We have additional areas with free parking, including disability parking.

For more information, visit [NorthPoint | Locations](#).

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.

Visit our [Volunteer sign-up form!](#)



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.

Check out our episode on [Dental Health](#) featuring NorthPoint Dental Director Michael A. Brooks Jr., DDS, about dental health and hygiene, the

importance of getting oral health checkups, trusting your provider, and more.

You can also 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](#)