

Health Insurance Info

It is worth taking the time to see if you can be covered by health insurance, whether it is comprehensive or catastrophic coverage. Below you will find resources for both private health insurance (insurance you obtain through a private insurance company, such as Medica, Blue Cross and Blue Shield, and HealthPartners) and public health insurance (insurance provided through the state of Minnesota). Investigate both of these options to determine which is the best choice for you.

While researching health insurance plans (also called insurance policies), here are some things to consider:

- What kind of coverage is important to you, or what types of medical services do you want to make sure you have good coverage for (for example emergency room, prescriptions, pregnancy)? Your covered services are also referred to as **benefits**. Find out what's covered, how much of the expenses are covered, and what the limitations are.

Your coverage may be expressed in terms of **co-insurance**, or the shared costs (between you and the insurer) of a specific service after you have met the deductible. This figure is usually expressed as a percentage. For example, if your co-insurance is 80/20 for routine doctor visits, the insurer pays 80 percent of the doctor's bill and you, the patient, pay 20 percent.
- Does a plan cover **pre-existing conditions**, which are health conditions (such as asthma or diabetes) that exist prior to your obtaining that insurance plan? Usually, these ailments are considered pre-existing conditions if you've been treated for them in the past year (however, depending on the plan, this could be as long ago as five years or as recently as six months). If you're concerned about serious health conditions and major surgeries, you'll also want to check out the maximum plan dollar limit, or the maximum amount they'll pay for covered services in a year or lifetime.
- How much can you afford to pay for **premiums**, which are the amount of money you will pay per month for insurance coverage?
- Consider your **deductible**, the amount of medical costs you pay in full each year before your insurance company starts paying for your medical expenses. How high of a deductible can you afford? It is a general rule that the lower your deductible is, the higher your premiums will be.
- What are the costs of **co-payments**, also called copays? These are fees that you pay when you use a medical service that is covered by the insurance plan. (For example, a \$2 copay for prescriptions or a \$200 copay for emergency room visits.) This fee is paid by you before you access the service. While the copay does not apply towards the cost of the performed services, copays can usually be applied towards your deductible (although you must check the particular policy you are considering or have purchased).

- What is your **out-of-pocket limit**, or maximum out-of-pocket expense? The out-of-pocket limit is the maximum amount of covered expenses you could pay each year. In a typical policy, after you have met the annual deductible, you generally pay 20% of covered expenses, up to your out-of-pocket limit. Once you have reached your out-of-pocket limit, the plan pays 100% of covered expenses for the remainder of the calendar year.
- Which doctors are in your **network**, or which doctors accept your health insurance and give you the full benefits of your plan? Further, is there coverage for out-of-network providers, even if they offer lesser benefits? Are you willing to accept a limited selection of health care providers in return for lower premiums?
- Read all the fine print. Make sure the insurance company cannot drop you. Look for insurance plans that will guarantee your premiums won't rise for 12 months. Insurers have been known to attract customers with low rates that change after only a few months.

Determine which type of plan may be best for your needs

High-deductible health plans (HDHP), or "catastrophic" coverage plans, are health plans that have lower premiums in exchange for high deductibles (deductibles usually range from \$1,000 to \$9,000. For example, the "Medica Solo" plan premiums can be as cheap as \$73/month, but deductibles are as high as \$9,000). These plans are designed to help you out in the event of a serious health emergency. However, some high-deductible plans may also provide \$300 to \$500 in preventative care (such as screenings, immunizations and physical examinations).

Low-deductible health plans (LDHP), or "full-featured" plans, have higher premiums in exchange for lower deductibles (deductibles could be as low as \$100). These plans feature comprehensive coverage for hospitalization, emergency room, office visits, and preventative care in exchange for higher premiums of anywhere from around \$300 to \$1,000/month or more.

When choosing between high and low-deductible insurance plans, you may have to make a compromise between how much you can afford to pay for premiums and how comprehensive your coverage will be. Many artists who simply cannot afford to pay the premiums of a full-featured health insurance plan will obtain a high-deductible health plan and receive non-emergency medical care through low-cost clinics and programs. The key to finding the right coverage for your own situation is to know all your options and be creative.

Besides low-deductible full-featured plans and high-deductible catastrophic plans, another private health insurance option is a **Health Savings Account (HSA)**. There are two components to an HSA: 1) a high-deductible health insurance plan (usually one with a deductible that does not exceed \$2,700) to cover large

health expenses, and 2) a savings account that features tax-free withdrawals to pay for your healthcare. With your HSA, you can only make tax-free withdrawals to pay for qualified health care expenses (as defined in IRS Publication 502). Any other withdrawals are subject to both income tax and a 10% penalty, until you reach the age of 65.

The amount of money in your HSA is usually equal to, and not greater than, the deductible of your health insurance plan. If you have money left in your savings account at the end of the year, it is typically rolled over into the following year and can earn interest, like an Individual Retirement Account (IRA).

So, an advantage of an HSA (especially for younger, healthier people) might be that it gives you tax-free savings while also

allowing you to put aside money for medical emergencies. Plus, a high-deductible health insurance plan will save you more money on monthly premiums than buying a low-deductible plan.

NOTE: Health Savings Accounts are obtained either independently (by contacting an insurance company or bank) or through an employer. HSAs are different from other health accounts, such as Health Reimbursement Accounts (HRA) and Flex Savings Accounts (FSA), which are only provided through a sponsoring employer. While these accounts may include tax-free withdrawals like HSAs, they typically do not roll over from year to year, may not be portable if you switch employers and cannot under any circumstances be used for non-medical expenses.

Health Insurance Providers

Private Health Insurance Providers

- Insurance providers such as [Medica](#), [Blue Cross and Blue Shield](#), [HealthPartners](#), [Assurant](#) and [Preferred One](#) offer many insurance plans with varying premiums, deductibles and benefits. You may research your options by contacting each insurance provider individually. Or, you can contact an insurance agent, who acts as a representative and sells insurance for several different insurance companies. The benefit of an insurance agent is exactly that—insurance agents can assist you in finding your best option from not just one insurance company, but from all or a majority of insurance companies.

Jamie Williams of [Minnesota Health Coverage](#) (who gave a presentation on HSAs at our 2007 Health Fair for Artists), Sheryl Radle of [Radle Insurance Services](#), and [Dennis and Silvia Conger Insurance Agency](#) are all independent insurance agents that participated in our 2007 Health Fair for Artists. The Minnesota Health Coverage website lists the premiums and explanation of coverage for all of the health insurance plans they offer.

- [AFLAC](#) offers Direct Dental, as well as Accident, Cancer, Specified Event (heart attack/stroke/renal failure), Sickness and Life plans.

Public Health Insurance Providers

[The Minnesota Department of Human Services](#) ensures basic healthcare coverage for low-income Minnesotans through three publicly subsidized healthcare assistance programs. These are commonly referred to as “Minnesota State Healthcare Programs.” More than half a million Minnesotans have healthcare coverage through these programs:

- **Medical Assistance** is for persons who are either under age 21, a parent of a minor child, pregnant, age 65 or older or

blind or disabled. You do not have to pay monthly premiums for MA. MA will pay for current and future medical bills. You must meet income and asset limits to qualify.

- **MinnesotaCare** is for persons who have had no health insurance and no Medicare within the last four months. You must meet income and asset limits to qualify. You must pay a monthly premium.
- **General Assistance Medical Care** pays for current and future covered medical services. Coverage can only go back to the date you turn in your application. To be eligible for GAMC, you must not be eligible for MA and you must meet income and asset limits. GAMC primarily covers low-income adults, ages 21 to 64, who do not have any dependent children. There are no monthly premiums for GAMC, but there are some co-payments.

The Minnesota Department of Human Services (DHS) administers MinnesotaCare; MA and GAMC are administered by your particular county (such as Hennepin or Ramsey County).

Minnesota State Healthcare Programs: Understanding Eligibility & Obtaining Health Coverage

- [The Children’s Defense Fund’s](#) Bridge to Benefits website (www.bridgetobenefits.org) is an online screening tool that can help you and your family understand if you are eligible for public programs such as MinnesotaCare, Medical Assistance, and General Assistance Medical Care. (NOTE: Bridge to Benefits can also help you understand if you are eligible for energy assistance, food support, childcare assistance, school meals, and state and federal tax credits.)
- If you need assistance applying for Minnesota State Healthcare Programs, the Neighborhood Health Care Network provides

free health care assistance through their 489-CARE hotline.

- If you are seeking insurance for your children, you may also want to look into The Children's Defense Fund's Children's Health Insurance Program (CHIP), a partnership between the federal government and the state of Minnesota to fund and provide health insurance for children in mostly working families with incomes too high to qualify for Medicaid, but too low to afford private coverage. Please visit www.childrensdefense.org.
- [Portico Healthnet](#) can also tell you if you are eligible for Minnesota State Healthcare Programs. If you qualify, they can also assist you with the application forms and help you through the enrollment process.

If you do not qualify for Minnesota State Healthcare Programs

- If you are not eligible for one of Minnesota's programs, another option may be the Portico Healthnet Program, which offers access to a number of healthcare services through a network of providers. Services such as primary care clinic visits, urgent care

Low-cost Clinics

You do not need to have health insurance to receive medical care. People who do not have comprehensive health insurance or who want to save money on their everyday health expenses can receive healthcare at low-cost clinics. The majority of these clinics offer a "sliding fee scale," or a rate that is dependent on your ability to pay.

- Low-cost clinics in the Twin Cities area include [Cedar Riverside People's Center](#), [HCMC's Family Medical Center](#), [HCMC's Family Care East Lake Clinic](#), the [Native American Community Clinic](#) (for Native Americans), [N.I.P. Community Clinic](#), [NorthPoint Health and Wellness Center](#), [Open Cities Health Center](#), [Phillips Neighborhood Clinic](#), [Fremont Community Clinics](#) and [Southside Community Health Services](#).
- You can also view a list of low-cost clinics nationwide and locate the low-cost clinic nearest you by visiting the [Department of Health and Human Services' Health Resources and Services Administration](#) website.
- The [Neighborhood Health Care Network's](#) statewide phone service, 489-CARE, provides free healthcare information and referrals to sliding fee scale clinics.
- Medical services at these low-cost clinics may include general medical, dentistry, endocrinology, geriatrics, internal medicine, pediatrics, podiatry, mental health/counseling, optometry, ophthalmology, obstetrics & gynecology, minor surgery and urology. Clinic services will vary. (For example, Southside Community Health Services offers optometric services, but not dental; N.I.P. Community Clinic and Open Cities Health Center offer dental services, but not optometric services.) Call or visit clinic websites to find out which services are provided.

services, prescription drugs, and eye care may be covered. If you have a medical condition ("pre-existing condition") that is keeping you from being insured by public and private insurance providers:

- Check out the [Minnesota Comprehensive Health Association](#), or MCHA. MCHA was established in 1976 by the Minnesota Legislature to offer policies of individual health insurance to Minnesota residents who have been turned down for health insurance by the private market, due to pre-existing health conditions. MCHA is sometimes referred to as Minnesota's "high risk pool" for health insurance (or "health insurance of last resort"). Currently, about 30,000 Minnesota residents are insured by MCHA throughout the State of Minnesota.
- Despite these health insurance options, our nation's healthcare system is far from perfect. If you'd like to help advocate for universal healthcare and fundamental healthcare reform in Minnesota, please check out the [Universal Healthcare Action Network \(uhcan-MN\)](#) and the [Minnesota Universal Healthcare Coalition \(MUHCC\)](#).
- Free clinics (for eligible persons) include [St. Mary's Health Clinics](#) and the [Pillsbury House Clinic](#). Primary care services at St. Mary's include physical exams, lab tests, x-rays, diagnostic tests and most medications. Holistic care services at the Pillsbury House include acupuncture, chiropractics, massage therapy, psychology, nursing, health coaching, physical examinations and medical evaluation for non-acute conditions.
- In addition to the free and low-cost clinics listed above, there are low-cost clinics that specialize in reproductive health. Services may include free or low-cost birth control, Sexually Transmitted Infection (STI) and HIV testing, pregnancy testing, emergency contraception and gynecological care. Clinics include [Family Tree Clinic](#), [Midwest Health Center for Women](#), and [Planned Parenthood of Minnesota](#).
- A lengthy list of low-cost and sliding-fee scale dental care resources can be found on the [Minnesota Dental Association's](#) website. This list includes resources for general care and hygiene, as well as clinics that provide emergency services (Open Cities Health Center, the University of Minnesota, et al).
- Additional hearing resources can be found by contacting the [Minnesota Academy of Audiology](#).
- Mental health counseling is provided at the following low-cost clinics: Pillsbury House Clinic, HCMC's Family Medical Center, the Native American Community Clinic, N.I.P. Community Clinic, NorthPoint Health and Wellness Center, Open Cities Health Center and Southside Community Health Services.

Programs to Help Reduce the Cost of Your Healthcare

- [Artists' Access to Healthcare \(AAH\)](#) is a partnership of Springboard for the Arts and the Neighborhood Involvement Program (N.I.P) designed to help uninsured and underinsured artists access low-cost medical care. The program issues vouchers in the amount of \$40 for artists to use towards the cost of services, lab fees and prescriptions at the N.I.P. Community Clinic in Minneapolis. Currently, artists can access one \$40 voucher a year.
- The [SAGE Cancer Screening Program](#) is a statewide program providing free mammograms and Pap tests to women forty years and older. The program also provides diagnostic services (colposcopy, ultrasound, et al) for those with abnormal results. The program is available to women who meet income guidelines and who either have no health insurance, an unmet deductible, or whose insurance does not cover the cost of these services. SAGE is a program of the Minnesota Department of Health in cooperation with over 360 clinics and health care providers in Minnesota.
- If you are eligible and take part in the SAGE cervical and breast cancer screening program, you may also be eligible to enroll in the [SAGEplus program](#). The [SAGEplus](#) program provides free heart disease risk screening (blood pressure, blood cholesterol, blood glucose, body mass index), free life-style change coaching (diet, exercise, smoking cessation), and a free medical referral visit for women with abnormal screening results.
- [Partnership for Prescription Assistance](#) helps qualifying patients who lack prescription coverage get the medicines they need through public or private programs.
- A note on colorectal cancer screenings, such as colonoscopies: Sadly, Minnesota does not have a program that provides low-cost or free colonoscopies to uninsured or underinsured peoples. However, the [Minnesota Cancer Alliance](#) and the [American Cancer Society](#) are currently proposing legislation to establish a free statewide screening program, similar to the SAGE Women's Cancer Screening program. So hopefully, in the following years, Minnesotans will have access to free colonoscopies.

For the time being, there are several types of colorectal cancer screenings available in all different price ranges, such as fecal occult blood tests (\$10–25), sigmoidoscopies (\$150–\$300), double-contrast barium enemas (\$250–\$500) and virtual colonoscopies (\$500–\$900) (source: *Colon Cancer Screening for the Uninsured* by Donna Myers). Some of these tests, especially the fecal occult blood test, may be done at a low-cost clinic. However, none of these tests are as comprehensive as a colonoscopy.

Colonoscopies are costly procedures (\$800–\$2000) that are not performed at low-cost clinics. If you cannot acquire health insurance and need a colonoscopy, the best route for getting this screening is to obtain a referral from a low-cost clinic such as N.I.P., Open Cities Health Center, or St. Mary's Clinics. Ask these low-cost clinics for recommendations, but also do your research to find out which healthcare providers will do it for less and whether they have financial aid or payment plans (since you will have to pay for the procedure yourself). This will mean explaining your situation and getting a lot of quotes.

Alternative/Preventative Healthcare

Receiving medical care is an inevitable and necessary part of life. However, studies have proven that eating healthy, exercising, managing stress, and treating drug and alcohol addiction can help prevent medical complications in the future. It can also help reduce the cost of your health insurance premiums.

- Nutrition resources include [2 Degrees North](#), [Mastel's Health Foods](#), [Mississippi Market](#) and the [Hampden Park Co-op](#).
- Yoga resources include [bright hands : light body, LLC*](#), the [St. Paul Yoga Center](#) & the [University of Minnesota's Center for Spirituality and Healing](#).
- Addiction resources include [QuitPlan](#), a free service to help you quit smoking, and [Alcoholics Anonymous](#), a free association of men and women that help each other achieve sobriety and stay sober.
- Spiritual care and meditation resources include [Marilyn Myo-O](#) and the University of Minnesota's Center for Spirituality and Healing.
- Massage and body working resources include [bright hands : light body, LLC](#) and [Massage Geek](#).
- [Homeopathic Practitioners LTD](#) is a clinic that practices and promotes homeopathy, a system of healing that helps to keep you feeling good, prevents you from further illness and helps maintains optimal energy.

Physical Therapy

When you are injured, it's difficult to continue your artistic practice. These "artist friendly" physical therapists and chiropractors can help you prevent getting hurt or help you bounce back when you are:

- [Arts Medicine Minnesota Physical Therapy & Reynold's Rehab Physical Therapy](#). Jonathan Reynolds specializes in arts medicine and has presented at the 2006 and 2007 Springboard for the Arts' Health Fairs.
- [Fairview Rehabilitation Services](#). Fairview Rehabilitation Services have clinics to meet the needs of artists: Fairview Voice Center, Fairview Performing Arts Physical Therapy, and the Fairview Hand Center.
- The Minnesota Chapter of the [American Physical Therapy Association](#).
- [HealthPlus Chiropractic Clinic](#).
- [Allina's Sister Kenny Rehabilitation Institute](#). Among other clinics, Sister Kenny has a Performing Artists Clinic for injuries related to music practice and performance.
- Physical Therapy resources at low-cost clinics include The Phillips Neighborhood Clinic and Pillsbury House Clinic.

Additional Resources

- If you are in the midst of a health challenge, [Well Within](#) is a non-profit wellness resource center that can give you encouragement and help you find wellness and balance within your life. While there is a fee for their services, Well Within is committed to bringing services to all individuals regardless of their ability to pay. Please ask any Well Within staff member about scholarships.
- [The University of Illinois at Chicago's Health in the Arts](#) program diagnoses, treats and prevents arts-related disorders among people working in all aspects of the arts. Make sure you are well educated on your occupational risks by visiting the program's online database for emergency procedures, precautions, waste management and safety.

Resource Directory

HEALTH INSURANCE

AFLAC

www.aflac.com
Main: 1-800-992-3522
James Gentry, AFLAC
Office phone: 952-226-6292

Medica

www.medica.com
1-800-670-5935

Minnesota Health Coverage Jamie Williams

www.mnhealthcoverage.com
Office Phone: 612-870-8099

Blue Cross & Blue Shield of MN

www.bluecrossmn.com

Radle Insurance Services Sheryl Radle

Office Phone: 952-435-3622

HealthPartners

www.healthpartners.com

Assurant

www.assurant.com

Preferred One

www.preferredone.com

Dennis and Silvia Conger Insurance Agency

www.congerinsurance.com
651-275-1474

Minnesota State Healthcare Programs (Minnesota Department of Human Services)

www.dhs.state.mn.us
Twin Cities metro area: 651-431-2670
Outside Twin Cities metro area: 1-800-657-3739

Children's Defense Fund of Minnesota

www.cdf-mn.org
www.bridgetobenefits.org
651-227-6121

Neighborhood Health Care Network

www.nhcn.org
651-489-CARE
1-866-489-4899 (toll free, outside the metro area)

Portico Healthnet

2610 University Ave W, Ste. 550, St. Paul
www.porticohealthnet.org
651-603-5100

Minnesota Comprehensive Health Association

www.mchamn.com
1-866-894-8053

Universal Health Care Action Network (uhcan-MN)

3249 Hennepin Ave., Suite 220, Minneapolis
www.uhcan-mn.org
612-384-0973

Minnesota Universal Health Care Coalition (MUHCC)

2469 University Ave. West, Room 150W, St. Paul
www.muuhcc.org
651-646-0900

LOW-COST CLINICS

Department of Health and Human Services Health Resources and Services Administration

www.ask.hrsa.gov/pc

Minnesota Dental Association

1335 Industrial Boulevard, Suite 200, Minneapolis
www.mndental.org
612-767-8400

Cedar Riverside People's Center

425 20th Avenue South, Minneapolis
www.peoples-center.org
612-332-4973

HCMC's Family Care East Lake Clinic

2700 East Lake Street, Minneapolis
www.hcmc.org
612-873-8100

HCMC's Family Medical Center

5 West Lake Street, Minneapolis
www.hcmc.org
612-545-9000

Native American Community Clinic (Medical Services)

1213 East Franklin Avenue, Minneapolis
www.nacc-healthcare.org
612-872-8086

Native American Community Clinic (Counseling Services)

1113 East Franklin Avenue, Suite 104, Minneapolis
www.nacc-healthcare.org
612-238-0747

Neighborhood Involvement Program (N.I.P.) Community Clinic

2431 Hennepin Avenue South, Minneapolis
www.neighborhoodinvolve.org
612-374-3125

NorthPoint Health and Wellness Center

1315 Penn Avenue North, Minneapolis
www.northpointhealth.org
612-302-4600

Open Cities Health Center

409 North Dunlap Street, St. Paul
www.ochealthcenter.com
651-290-9200

Phillips Neighborhood Clinic
2647 Bloomington Avenue South, Minneapolis
www.student.med.umn.edu/pnc
612-724-1690

Fremont Community Clinics
www.fremonthhealth.org
Fremont Clinic: 612-588-9411
Central Avenue Clinic: 612-781-6816
Sheridan Women & Children's Clinic: 612-362-4111

St. Mary's Health Clinics
Nine metro-area clinic sites
www.stmaryshealthclinics.org
651-690-7029

Pillsbury House Clinic
3501 Chicago Avenue South, Minneapolis
www.puc-mn.org
612-824-0708

Southside Community Health Services
www.southsidechs.org
612-822-9030

Family Tree Clinic
1619 Dayton Ave., St. Paul
www.familytreeclinic.org
651-645-0478

Midwest Health Center for Women
33 Fifth Street S., 4th floor, Minneapolis
www.midwesthealthcenter.org
1-800-998-6075

Planned Parenthood of Minnesota
www.plannedparenthood.org
1-800-230-PLAN

Minnesota Academy of Audiology
www.minnesotaaudiology.org
612-250-0305

PROGRAMS TO HELP REDUCE THE COST OF YOUR HEALTHCARE

"Artists' Access to Healthcare" Program
www.springboardforthearts.org
aah@springboardforthearts.org
Nikki Hunt, Springboard for the Arts
651-379-0871

SAGE Cancer Screening Program
www.health.state.mn.us
1-888-643-2584

SAGEplus Cancer Screening Program
www.health.state.mn.us
651-201-5615

Partnership for Prescription Assistance
www.pparxmn.org
1-888-477-2669

MN Cancer Alliance
www.mncanceralliance.org
651-201-3608

American Cancer Society
www.cancer.org
Mendota Heights office: 651-255-8100

ALTERNATIVE / PREVENTATIVE HEALTHCARE

2 Degrees North
4306 Bryant Avenue South, Minneapolis
Stasia@2DegreesNorth.com
612-824-5057

Mastel's Health Foods
1526 St. Clair Avenue, St. Paul
www.mastelshealthfoods.com
651-690-1692

Mississippi Market Natural Foods Co-op
1810 Randolph Ave., St. Paul
622 Selby Ave., St. Paul
www.msmarket.coop

Hampden Park Co-op
928 Raymond Ave., St. Paul
www.hampdenparkcoop.com

bright hands : light body, LLC
2500 University Ave. W., #C3, St. Paul
651-235-8254

St. Paul Yoga Center
1162 Selby Ave., St. Paul
www.stpaulyogacenter.com
651-644-7141

University of Minnesota's Center for Spirituality and Healing
www.csh.umn.edu
612-624-9459

QuitPlan
www.quitplan.com
1-888-354-PLAN

Alcoholics Anonymous
www.alcoholics-anonymous.org
Look for "Alcoholics Anonymous" in any telephone directory

Marilyn Myo-O
www.marilynmyo-o.com
952-259-1468

Massage Geek
2375 University Ave, Ste. 160, St. Paul
www.messagegeek.com
612-325-3357

Homeopathic Practitioners, Ltd
5201 Eden Ave, Suite 245, Edina
www.hplgroup.org
952-224-9292

PHYSICAL THERAPY

Reynolds Rehab Physical Therapy & Arts Medicine Minnesota

43 Main Street SE, Minneapolis
2119 Cliff Road, Eagan
www.reynoldsrehabpt.com
612-331-5757; 651-688-7500

Fairview Voice Center, Fairview Performing Arts Physical Therapy, and the Fairview Hand Center

www.fairview.org/rehab
612-672-6507

American Physical Therapy Association Minnesota Chapter

www.mnapta.org
651-635-0902

HealthPlus Chiropractic Clinic

4080 W. Broadway, Ste. 128, Robbinsdale
www.healthpluschiropracticclinic.com
763-535-4342

Sister Kenny Rehabilitation Institute (& Performing Artists Clinic)

800 East 28th Street, Minneapolis
www.allina.com
612-863-4466

Phillips Neighborhood Clinic

2647 Bloomington Avenue South, Minneapolis
www.student.med.umn.edu/pnc
612-724-1690

Pillsbury House Clinic

3501 Chicago Avenue S, Minneapolis
www.puc-mn.org
612-824-0708

ADDITIONAL RESOURCES

Well Within

1880 Livingston Avenue, Ste 103, W St. Paul
www.wellwithin.org
651-451-3113

University of Illinois at Chicago's Health in the Arts program

835 South Wolcott Street Room #E144, Chicago, IL
www.uic.edu
312-996-7420