

**Itasca Medical Care**

We are your local County health care

# Provider & Pharmacy Directory

Effective 2019

**Serving Itasca County:**

**Families and Children**

**MinnesotaCare**

**Minnesota Senior Care Plus (MSC+)**



**Itasca Medical Care (IMCare)**  
**1219 SE 2nd Avenue**  
**Grand Rapids, MN 55744**

**Member Services:**

**218-327-6188**

**1-800-843-9536** (toll free)

**TTY users call:**

**1-800-627-3529** (toll free) or **711**

Monday—Friday 8 a.m.- 8 p.m.

Website: [www.imcare.org](http://www.imcare.org)

**The information printed in this directory was correct as of January 2019. To see the most current information, visit the website at [www.imcare.org](http://www.imcare.org). If you are looking for or have questions about a specific provider contact member services at the number above. The directory is updated at least monthly. You can ask for a printed copy of this Provider Directory at any time.**

Attention. If you need free help interpreting this document, call the above number.

ያስተውሉ፡ ካለምንም ክፍያ ይህንን ዶኩመንት የሚተረጎም ለክስተርዳሚ ከፈለጉ ከላይ ወደተጻፈው የስልክ ቁጥር ይደውሉ።

ما: تظلم إذا اردت مساعدة مجال تينترمة ميثولا هذوقنا ،تظلمع لهلاعأ مقرا لى.

သတိ။ ဤစာကြွေတမ်းအားအခမဲ့ဘာသာပြန်ပေးပို့ရန်အတွက်

အကူအညီလိုအပ်ပါက၊ အထက်ဖော်ပြပါနံပါတ်ကို ခေါ်ဆိုပါ။

kMNt'sMKal' . eblG~k'tUvkarCMnYyk~-gkarbkE"bäksarenHeday²tKit «fÅ

smehATrsBtame ■ xxage ■ .

請注意 如果您需要免費協助傳譯這份文件，請撥打上面的電話號碼。

Attention. Si vous avez besoin d'une aide gratuite pour interpréter le présent document, veuillez appeler au numéro ci-dessus.

Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.

ymol.ymo;b.wuh>l zJerh>vd.b.w>rRpXRuvDvXw>uusd;xH0J'.vHm wDvHmrDwcgtHRM.<ud;b.vDwJpdeD>\*H>vXx;tHRM.wuh>l

알려드립니다. 이 문서에 대한 이해를 돕기 위해 무료로 제공되는 도움을 받으시려면 위의 전화번호로 연락하십시오.

ໂປຣດຊາບ. ຖ້າຫາກ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປເອກະສານພາສາ, ຈົ່ງໂທສະໄປຫາ

໌ ືໝາຍເລກຂ ນ.

Hubachiisa. Dokumentiin kun tola akka siif hiikamu gargaarsa hoo feete, lakkoobsa gubbatti kenname bilbili.

Внимание: если вам нужна бесплатная помощь в устном переводе данного документа, позвоните по указанному выше телефону.

Digniin. Haddii aad u baahantahay caawimaad lacag-la' aan ah ee tarjumaadda qoraalkan, lambarka kore wac.

Atención. Si desea recibir asistencia gratuita para interpretar este documento, llame al número indicado arriba. Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu này miễn phí, xin gọi số bên trên.

## Civil Rights Notice

**Discrimination is against the law.** Itasca Medical Care (IMCare) does not discriminate on the basis of any of the following:

- race
- color
- national origin
- creed
- religion
- sexual orientation
- public assistance status
- age
- disability (including physical or mental impairment)
- sex (including sex stereotypes and gender identity)
- marital status
- political beliefs
- medical condition
- health status
- receipt of health care services
- claims experience
- medical history
- genetic information

**Auxiliary Aids and Services:** Itasca Medical Care (IMCare) provides auxiliary aids and services, like qualified interpreters or information in accessible formats, free of charge and in a timely manner to ensure an equal opportunity to participate in our health care programs. **Contact** Itasca Medical Care at 1-800-843-9536 (toll-free) or 1-218-327-6188 for more information.

**Language Assistance Services:** Itasca Medical Care (IMCare) provides translated documents and spoken language interpreting, free of charge and in a timely manner, when language assistance services are necessary to ensure limited English speakers have meaningful access to our information and services. **Contact** Itasca Medical Care at 1-800-843-9536 (toll-free) or 1-218-327-6188 for more information.

## Civil Rights Complaints

You have the right to file a discrimination complaint if you believe you were treated in a discriminatory way by Itasca Medical Care (IMCare). You may contact any of the following four agencies directly to file a discrimination complaint.

### U.S. Department of Health and Human Services' Office for Civil Rights (OCR)

You have the right to file a complaint with the OCR, a federal agency, if you believe you have been discriminated against because of any of the following:

- race
- color
- national origin
- age
- disability
- sex

Contact the **OCR** directly to file a complaint:

Director  
U.S. Department of Health and Human Services' Office for Civil Rights  
200 Independence Avenue SW  
Room 509F  
HHH Building  
Washington, DC 20201  
800-368-1019 (voice)  
800-537-7697 (TDD)  
Complaint Portal: <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>

### **Minnesota Department of Human Rights (MDHR)**

In Minnesota, you have the right to file a complaint with the MDHR if you believe you have been discriminated against because of any of the following:

- race
- color
- national origin
- religion
- creed
- sex
- sexual orientation
- marital status
- public assistance status
- disability

Contact the **MDHR** directly to file a complaint:

Minnesota Department of Human Rights  
Freeman Building, 625 North Robert Street  
St. Paul, MN 55155  
651-539-1100 (voice)  
800-657-3704 (toll free)  
711 or 800-627-3529 (MN Relay)  
651-296-9042 (fax)  
[Info.MDHR@state.mn.us](mailto:Info.MDHR@state.mn.us) (email)

### **Minnesota Department of Human Services (DHS)**

You have the right to file a complaint with DHS if you believe you have been discriminated against in our health care programs because of any of the following:

- race
- color
- national origin
- creed
- religion
- sexual orientation
- public assistance status
- age
- disability (including physical or mental impairment)
- sex (including sex stereotypes and gender identity)
- marital status
- political beliefs
- medical condition
- health status
- receipt of health care services
- claims experience
- medical history
- genetic information

Complaints must be in writing and filed within 180 days of the date you discovered the alleged discrimination. The complaint must contain your name and address and describe the discrimination you are complaining about. After we get your complaint, we will review it and notify you in writing about whether we have authority to investigate. If we do, we will investigate the complaint.

DHS will notify you in writing of the investigation's outcome. You have the right to appeal the outcome if you disagree with the decision. To appeal, you must send a written request to have DHS review the investigation outcome. Be brief and state why you disagree with the decision. Include additional information you think is important.

If you file a complaint in this way, the people who work for the agency named in the complaint cannot retaliate against you. This means they cannot punish you in any way for filing a complaint. Filing a complaint in this way does not stop you from seeking out other legal or administrative actions.

Contact **DHS** directly to file a discrimination complaint:

Civil Rights Coordinator  
Minnesota Department of Human Services  
Equal Opportunity and Access Division  
P.O. Box 64997  
St. Paul, MN 55164-0997  
651-431-3040 (voice) or use your preferred relay service

### **Itasca Medical Care (IMCare) Complaint Notice**

You have the right to file a complaint with Itasca Medical Care (IMCare) if you believe you have been discriminated against because of any of the following:

- medical condition
- health status
- receipt of health care services
- claims experience
- medical history
- genetic information
- disability (including mental or physical impairment)
- marital status
- age
- sex (including sex stereotypes and gender identity)
- sexual orientation
- national origin
- race
- color
- religion
- creed
- public assistance status
- political beliefs

You can file a complaint and ask for help in filing a complaint in person or by mail, phone, fax, or email at:

Health Plan Compliance Coordinator  
ATTN: Civil Rights Coordinator  
Itasca Medical Care (IMCare)  
1219 SE 2<sup>nd</sup> Ave  
Grand Rapids, MN 55744-3983  
Toll Free: 1-800-843-9536  
TTY: 1-800-627-3529 (MN Relay) or 711  
Fax: 218-327-5545  
Email: [imcareoffice@co.itasca.mn.us](mailto:imcareoffice@co.itasca.mn.us)

American Indian Health Statement:

American Indians can continue or begin to use tribal and Indian Health Services (IHS) clinics. We will not require prior approval or impose any conditions for you to get services at these clinics. For elders age 65 years and older this includes Elderly Waiver (EW) services accessed through the tribe. If a doctor or other provider in a tribal or IHS clinic refers you to a provider in our network, we will not require you to see your primary care provider prior to the referral.

---

Minnesota Department of Health (MDH) Statement/National Committee for Quality Assurance (NCQA) Disclaimer statement:

Enrolling in this health plan does not guarantee you can see a particular provider on this list. If you want to make sure, call that provider to ask if he or she is still part of this health plan. Also ask if he or she is accepting new patients. This health plan may not cover all your health care costs. Read your contract or Member Handbook carefully to find out what is covered.

# Table of Contents

---

## Provider Directory

Page	2	Program Descriptions & Introduction
Page	3	Introduction & Important Information
Page	5	Services
Page	8	Provider Network Listings
Page	8	Primary Care Clinics
Page	12	Behavioral Health Providers
Page	15	Chemical Dependency Providers
Page	16	Chiropractors
Page	17	Dentists
Page	18	Eye Care
Page	19	Home Health Care Providers & Pharmacies
Page	20	Hospitals & Nursing Homes
Page	21	Specialty Providers & Urgent Care Providers

# Program Descriptions and Introduction

---

## Program Descriptions

### Families and Children:

Families and Children is a managed care program that covers health care for the following people who have Medical Assistance:

- Children under the age of 21
- Parents and caretakers of a dependent child
- Pregnant women
- Low-income adults without a dependent child

### MinnesotaCare:

MinnesotaCare is a managed care program that covers health care for people who do not have access to affordable health care coverage. Some members may be required to pay a premium to the State.

**Minnesota Senior Care Plus (MSC+):** MSC+ is a managed care program that covers health care and Elderly Waiver services for people who:

- are age 65 and over and
- have Medical Assistance.

If you are enrolled in MSC+, you may have another option. Check with your county financial worker to see if you can enroll in the Minnesota Senior Health Options (MSHO) program. MSHO is a voluntary program.

## Introduction

### How do you find IMCare Providers in your area?

Providers in this directory are divided into sections by type (for example, *primary care providers, hospitals, dental providers, etc*). Locate the type of provider you are looking for in the table of contents and go to that section in the directory. Provider types are listed alphabetically by location.

### Network Providers

You must get all your health care from IMCare network providers. There are some exceptions. Examples of exceptions are emergency or urgent care, open access services and other previously authorized services. If you have questions about the providers you should use, please contact Member Services.

### Specialty Providers

A specialist is a health care provider who provides treatments for specific diseases or part of the body. There are many different kinds of specialists. A few examples of specialty providers are:

- Oncologist, who care for patients with cancer
- Cardiologists, who care for patients with heart conditions
- Orthopaedics, who care for patients with certain bone, joint, or muscle conditions

When your primary care provider thinks that you need specialized treatment, you may go to see a specialist within our network without a referral. If you need services from a specialty provider and they are not listed in this directory, you will need to contact your primary care provider for a referral. You can get more information on how to access specialists by calling Member Services at the phone number at 1-800-843-9536 (toll free) or 218-327-6188. TTY users call 1-800-627-3529.



## Emergency Care Access

**In an emergency that needs treatment right away, either call 911 or go to the nearest emergency room.** Call for an ambulance if you need it. You do not need to get approval or a referral from your primary care provider. You may get emergency medical care whenever you need it, anywhere in the United States or its territories. IMCare covers ambulance services in situations where getting to the emergency room in any other way could endanger your health.

## Home and Community Based Services (HCBS) and *\*Personal Care Providers (PCA's)\* MSC+ Members Only*

The following providers are not listed in this directory, Home Care Agencies, Home and Community Based Service (HCBS) providers, and Personal Care Provider Agencies, but can be found in our HCBS subdirectory. You may request a copy of our HCBS subdirectory by contacting Member Services at 1-800-843-9536 (toll free), 1-800-627-3529 (TTY).

## Long Term Services and Support (LTSS) (MSC+ members only)

You may be able to get long-term services and support (LTSS), such as services provided by the Elderly Waiver (EW) program as an IMCare member. Long term services and supports are help for people who need assistance to do everyday tasks like taking a bath, getting dressed, making food and taking medicine. Most of these services are provided at your home or in your community but could be provided in a nursing home or hospital. To find out more about these services, see your Member Handbook. Call Member Services to get more information on how to access these services.

# Important Information

---

## Care Coordination

IMCare's care coordinators help connect members to services and resources they need to get the best possible care. Some members are also eligible for case management through the county. County case managers/care coordinators may be nurses or social workers. They coordinate health care services for members and can accompany members to health care appointments, if needed. They can also assist member with the following:

- Arranging for and coordinating assessments, tests, and other health and continuing care services
- Developing and updating member care plans
- Communicating with a variety of agencies and people
- Disease management programs
- Other services as outlined in member care plans

Members have the right to refuse case management/care coordination services. You can get more information on how to access care coordination by calling Member Services at 218-327-6188, Toll Free 1-800-843-9536, TTY 1-800-627-3529 or 711.

## Clinics

When you are a member or become a member of IMCare you chose or were assigned to a primary care clinic. Your primary care clinic can provide most of the health care services you need and will help coordinate your care. You may change your primary care clinic by calling Member Services at 218-327-6188, Toll Free 1-800-843-9536, TTY 1-800-627-3529 or 711.

## Cost Sharing

You may be required to pay an amount toward some health care services. This is called cost sharing. Some examples of cost sharing are copays or deductibles for certain services. You are responsible to pay your cost sharing amount directly to your pharmacy or healthcare provider. Members get a Member Handbook with more information about cost sharing.

## **Member Handbook**

To get detailed information about covered health care services, see your Member Handbook. It also explains your rights and responsibilities as a member of IMCare. Contact Member Services at 218-327-6188, Toll Free 1-800-843-9536, TTY 1-800-627-3529 or 711. You can ask for a printed copy of the Member Handbook at any time. You can contact Member Services to request a printed copy or visit [www.imcare.org](http://www.imcare.org) to access it electronically.

## **Interpreter Services**

American Sign Language (ASL) and language interpreter services are available to help you get services. Oral interpretation can be given to you in your language. You may be able to get written information in your language, call Member Services to get more information on interpreter services.

## **Member Identification (ID) Cards**

Members get a health plan member identification (ID) card. You must show this card whenever you get health care services, including when you get a prescription filled. You will get your member ID card with your member packet when you become our member. You may request a replacement ID card or a Member Handbook by calling Member Services at 1-800-843-9536 (toll free) or 218-327-6188. TTY users call 1-800-627-3529 or 711 (toll free).

## **Service Accessibility**

If you need special access to get services from a provider, you can get information by calling Member Services at 1-800-843-9536 (toll Free) or 218-327-6188. TTY users call 1-800-627-3529 or 711 (toll free). Or visit [www.imcare.org](http://www.imcare.org). This could include, but is not limited to, access for services such as accessible office, exam room and equipment.

## **Prior Authorization**

Our approval is needed for some services to be covered. You must get our approval before you get certain services or before we pay for them.

Members need a prior authorization to see any provider who is NOT part of IMCare's network, except for emergency and urgent care services, renal dialysis and open access services. Members get a Member Handbook with more information about which services require prior authorization.

### **Questions about our network or how to find a provider?**

Please call Member Services at 1-800-843-9536 (toll free) or 218-327-6188. TTY users call 1-800-627-3529 (toll free) or 711.

You can get updated information about providers, information on specialists and the authorization process by calling Member Services at the number listed on the front page. Or, visit [www.IMCare.org](http://www.IMCare.org).

# Services

---

## **Behavioral Health**

Behavioral health services include care and treatment for depression, anxiety or other behavioral health issues that interfere with your daily functioning.

## **Elderly Waiver Home and Community Based Services for MSC+ members**

If you are age 65 or over and need help to stay in your home, a program called Elderly Waiver (EW) can help. EW offers more services than regular Medical Assistance. Services may include visits by a nurse, home care services, homemaker services, chore services, and more. Your care coordinator or case manager can arrange these services for you. If you want more information, please call Member Services at 1-800-843-9536 (toll free) or 218-327-6188. TTY users call 1-800-627-3529 (toll free) or 711.

## **Elderly Waiver Obligation for MSC+ members**

If you get EW services and your income is over the income limit, you may have to pay a monthly amount. This is called the EW waiver obligation. Your county will tell you about any EW waiver obligation when your eligibility is determined.

## **Home Care**

Home Care services include the following:

- Skilled nursing
- Rehabilitation therapies (for example: speech, physical, respiratory, and occupational)
- Home health aide
- Medical equipment and supplies
- Personal Care Assistant (PCA), *MSC+ Only*
- Home Care Nursing (HCN) services, *MSC+ only*

*Families and Children and MinnesotaCare:* Members can get information on how to access Personal Care Assistant (PCA) services by calling Itasca County intake for long term care services and supports.

*MSC + Members:* IMCare Members can get information on how to access Personal Care Assistant (PCA) and Home Care Nursing (HCS) services by calling Member Services at 1-800-843-9536 (toll free) or 218-327-6188. TTY users call 1-800-627-3529 (toll free) or 711.

## **Medical Equipment and Supplies**

Medical Equipment and Supplies is any medical equipment you can use in the home to improve your quality of living. It can also provide therapeutic benefits to people with certain medical conditions or illnesses. Examples are nebulizers, wheelchairs, crutches and many others. You can get information on how to access Medical Equipment and Supplies by calling Member Services at 1-800-843-9536 (toll free) or 218-327-6188. TTY users call 1-800-627-3529 (toll free) or 711.

## **Nursing Home and Skilled Nursing Home Care for MSC+ Members**

For MSC+ members, we will cover a total of 180 days of nursing home care. If you need nursing home care for more than 180 days, DHS will pay for your care. This applies unless you were already in the nursing home when you joined our plan.

You can get more information on nursing home services by calling Member Services at 1-800-843-9536 (toll free) or 218-327-6188. TTY users call 1-800-627-3529 (toll free) or 711.

### **Open Access Services**

For some services, you may choose to get care from any health care provider, clinic, hospital, pharmacy, or family planning agency even if the service/provider is not in our network.

These are called “**open access services**” and include the following:

- Family planning
- Diagnosis of infertility
- Testing and treatment of sexually transmitted diseases
- Testing for AIDS or HIV-related conditions

### **Pharmacy**

Members must use our network of pharmacies for drugs covered by our health plan except under non-routine circumstances when you cannot reasonably use network pharmacies. Remember to have the following available when you call to refill your prescription:

- IMCare Member Identification (ID) Card
- Minnesota Health Care Programs card
- Cards for any other health coverage you have, such as Medicare Part D or private Insurance.

It is important to remember to show both your Member Identification (ID) card and your Minnesota Health Care Programs card when picking up your prescriptions.

To see the IMCare drug formulary, go to [www.imcare.org/386/Members](http://www.imcare.org/386/Members) and look in the Member Documents box.

People with Medicare must enroll in a Medicare Prescription Drug Program (Medicare Part D) to get most of their drugs.

### **Substance Use Disorder**

Substance use disorder (SUD) services provide care and treatment for substance use disorders.

Substance use disorders can include abuse of alcohol, narcotics, or other drugs. Call

Member/Customer Services at 1-800-843-9536 (toll free) or 218-327-6188 for more information on substance use disorder screening options. TTY users call 1-800-627-3529 (toll free) or 711 options.

### **Transition of Care**

When you join IMCare we will help you continue to get necessary health care services that were authorized before you joined our plan. Some examples are the following:

- Behavioral health services
- Orthodontia
- Prescriptions
- Services for at-risk pregnancy
- Substance use disorder services

If you are currently getting care from a provider who is not in our provider network, we will help you transition to a participating provider. If you would like more information, please contact Member Services at 1-800-843-9536 (toll free) or 218-327-6188. TTY users call 1-800-627-3529 (toll free) or 711.

## Transportation for Families and Children and MSC+ Members

Transportation is available for MinnesotaCare children under age 19.

We are not required to provide transportation to your primary care clinic if it is over 30 miles from your home, if another primary care clinic is available within 30 miles. Exceptions to this rule can be made in certain circumstances. If you need a ride and there is not a closer clinic in our network area, please call the transportation number for Itasca County at 218-327-6747.

If you need help finding special transportation, Member Services at 1-800-843-9536 (toll free) or 218-327-6188. TTY users call 1-800-627-3529 (toll free) or 711. Special transportation includes things like handicapped accessible vehicles or ambulances. Members will get access to a Member Handbook with more information about transportation.

## Urgent/After Hours/Emergency Care

Call your primary care clinic if you need medical care during clinic hours. When your primary care clinic is closed you may call your local hospital. There will always be a health care provider on call who can tell you how to arrange for care. **In an emergency that needs treatment right away, either call 911 or go to the nearest emergency room.**

## To Make Your Search Easier

---

Information about the following is included in the provider listings:

- Most facilities are accepting new patients, unless noted **\*\*\*Not accepting new patients.**
- *Cultural Comp. Training* means providers have completed cultural competency training in the last 12 months. Cultural competency training, as defined by the Centers for Medicare and Medicaid Services (CMS), is additional instructions for our health care providers that helps them better understand your background, values and beliefs to adapt services to meet your social, cultural and language needs. If Cultural Competency Training is not noted under a provider, IMCare has not received indication that they have completed the training.
- *ADA Compliant Office.* Accessibility of the provider's office, exam rooms, and/or equipment. For more information about specific accessibility needs, call your provider. The Americans with Disabilities Act (ADA) requires that people with disabilities have equal access to services.
- Languages spoken at the facility.
- Hospital affiliations for primary care clinics.

# Provider Network Listings

## Primary Care Clinics

### Cass and Itasca County Minnesota

You can get updated information about providers in this list by visiting our website at [www.imcare.org](http://www.imcare.org). You can ask for a print copy of this directory and get information on specialists that are not listed in this booklet by calling Member Services at **1-800-843-9536 (toll free) or 218-327-6188**. TTY users call **1-800-627-3529 (toll free) or 711**. Unless otherwise indicated, all providers in these listings are accepting new patients.

#### **CASS COUNTY REMER**

##### **Essentia Health Remer**

9 Birch Street  
Remer, MN 56672  
218-566-1441

##### **Hospital Affiliation:**

Essentia Health Deer River  
*Cultural Comp. Training  
Accessible office and exam  
room*

##### **Family Practice Providers:**

Durie, Kjerstin, PA  
Hedin, Paula, MD  
Hoffman, BD Kion, MD  
Howard, Thomas, MD  
Kongsjord, Shana, CNP  
Mell, Kathryn, MD  
Nichols, Danika, CNP  
Redland, Kelsey, MD  
Waage, Tasha, CNP  
Zupan, Nancy, CNP

##### **Cardiology Provider:**

Teasck, Anthony, CNP

#### **ITASCA COUNTY BIG FALLS**

##### **Scenic Rivers Health Services**

Highway 71  
Big Falls, MN 56627  
218-276-2403

##### **Hospital Affiliation:**

Bigfork Valley Hospital  
*Accessible office and exam  
rooms*

##### **Family Practice Providers:**

Anderson, Edwin, MD  
Dahlquist, Jeffrey, PA  
Drake, Kari, PA  
Harmon, Lisa, MD  
Mann, Chelsea, MD  
Myers Wolfson, Barret, MD  
Scrivner, Jeffrey, MD  
Scrivner, Eric, MD

#### **BIGFORK**

##### **Scenic Rivers Health Services**

135 Pine Tree Drive  
Bigfork, MN 56628  
218-743-3232

##### **Hospital Affiliation:**

Bigfork Valley Hospital  
*Accessible office and exam  
room*

##### **Family Practice Providers:**

Anderson, Edwin, MD  
Dahlquist, Jeffrey, PA  
Drake, Kari, PA  
Mann, Chelsea, MD  
Myers Wolfson, Barret, MD  
Scrivner, Eric, MD  
Scrivner, Jeff, MD

#### **BOVEY**

##### **Bigfork Valley Clinic Balsam**

41150 Scenic Highway 7  
Bovey, MN 55709  
218-245-2610.

##### **Hospital Affiliation:**

Bigfork Valley Hospital  
*Accessible office and exam  
room*

##### **Family Practice Provider:**

Drake, Kari, PA

#### **DEER RIVER**

##### **Essentia Health Deer River**

115 10th Avenue NE  
Deer River, MN 56636  
218-246-8275

##### **Hospital Affiliation:**

Essentia Health Deer River  
*Cultural Comp. Training  
Accessible office, exam  
room and equipment*

##### **Languages:**

Spanish

##### **Family Practice Providers:**

Durie, Kjerstin, PA  
Garshelis, Judy, CNP  
Hedin, Paula, MD  
Hoffman, BD Kion, MD  
Howard, Thomas, MD  
Jacobson, Jana, CNP  
Kongsjord, Shana, CNP  
Nichols, Danika, CNP  
Redland, Kelsey, MD  
Waage, Tasha, CNP  
Zupan, Nancy, CNP

##### **Cardiology Provider:**

Teasck, Anthony, CNP

##### **Gerontology:**

Karissa Schultz, CNP

##### **Orthopaedic Surgery Providers:**

Palkert, Diane, MD

#### **GRAND RAPIDS**

##### **Grand Itasca Clinic & Hospital**

1601 Golf Course Road  
Grand Rapids, MN 55744  
218-326-5000

##### **Hospital Affiliation:**

Grand Itasca Hospital  
*Cultural Comp. Training  
Accessible office, exam room  
and equipment*

##### **Languages:**

Spanish

##### **Cardiology Providers:**

Brody, Daniel, DO  
Conner, Kristina, CNP

##### **Chiropractic Providers:**

Soular, Linnea, DC  
Warne, Eric, DC

## Primary Care Clinics Itasca County

### Family Practice Providers:

Berg, Tamara, PA  
Bruemmer, Sara, CNP  
Carey, Jodie, CNP  
Carlin-Janssen, Patricia, MD  
Carlisle, Jack, MD  
Carlson, Jeremy, MD  
Cleary, Cathy, MD  
Cole-Anthony, Cary, MD  
Gerling, Scott, MD  
Imholte, Philip, MD  
Liebe, Michael, MD  
Oja, Jennifer, PA  
Olson, Dawn, CNP  
Overbye, Michelle, CNP  
Pehl, Timothy, MD  
Radovich, Terri, MD  
Rutherford, William, MD  
Soltis, Shelly, DO  
Soular, Daniel, MD  
Tofte, Anne, MD  
Youngdahl-Palacek, Antoinette, MD

### General Surgery:

Germscheid, Jonathan, MD  
Kole, John, MD  
Owens, Lisa, MD  
Olson, Shawn, MD

### Gerontology

Saino, Laura CNP

### Internal Medicine:

Fowler, Marc, MD  
Holl, Stacy, DO  
Murphy, Keith, MD  
Skaudis, Darin, MD  
Villeneuve, Rosetta, CNP

### OB/GYN:

Beyer, Derek, MD  
Johnson, Kathryn, MD  
Johnson, Scott, MD

### Pediatrics:

Harker, Shannon, MD  
Murphy, Keith, MD  
Rourk, Janice, MD

### Urology:

Novak, Ryan, MD

### Essentia Health Grand Rapids

1542 Golf Course Road Suite 203  
Grand Rapids, MN 55744  
218-999-7000

### Hospital Affiliation:

Essentia Health Deer River  
*Cultural Comp. Training  
Accessible office, exam  
room and equipment*

### Languages:

Spanish, Sign Language

### Family Practice Providers:

Durie, Kjerstin, PA  
Fultz, Janna, CNP  
Gustafson, Natalie, CNP  
Kongsjord, Shana, CNP  
Lund, Jared, MD  
Nichols, Danika, CNP  
Redland, Kelsey, MD  
Waage, Tasha, CNP  
Witt, Thomas, MD

### Cardiology Provider:

Teasck, Anthony, CNP

### NASHWAUK

#### Fairview Mesaba Clinic

402 Platt Avenue East  
Nashwauk, MN 55769  
218-885-2858

### Hospital Affiliation:

University Medical Center Mesabi  
*Cultural Comp. Training  
Accessible office and  
exam room*

### Languages:

Sign Language

### Family Practice Providers:

Clusiau, Kathryn, PA  
Thompson, Brian, MD

### Podiatry:

Helland, Stacey, DPM

### NORTHOME

#### Scenic Rivers Health Services

12052 Main Street  
Northome, MN  
56661 218-897-5222

### Hospital Affiliation:

Bigfork Valley Hospital  
*Cultural Comp. Training  
Accessible office, and exam  
room*

### Family Practice Providers:

Cease, Jill, CNP  
Dahlquist, Jeffrey, PA  
Drake, Kari, PA  
Mann, Chelsea, MD  
Myers Wolfson, Barret, MD  
Scrivner, Jeff, MD

## Primary Care Clinics St. Louis County Minnesota

### **CHISHOLM**

#### **Essentia Health Chisholm**

400 NW 1st Street  
Chisholm, MN 55719  
218-254-3391

#### **Hospital Affiliation:**

University Medical Center Mesabi  
*Cultural Comp. Training  
Accessible office, exam  
room*

#### **Family Practice Providers:**

Durie, William, MD

### **COOK**

#### **Scenic Rivers Health Services**

20 5th Street SE  
Cook, MN 55723  
218-666-5941

#### **Hospital Affiliation:**

Bigfork Valley Hospital  
*Accessible office and exam  
room*

#### **Family Practice Provider:**

Anderson, Edwin, MD  
Elleby, Eric, MD  
Garbisch, Bruce, MD  
Hadrava, Emily, CNP  
Holmes, Matthew, MD  
Lantry, Stephanie, CNP  
Tietz, Charles, MD  
Vidor, Nicholas, MD

### **HIBBING**

#### **Essentia Health Hibbing**

730 East 34<sup>th</sup> St  
Hibbing, MN 55746  
218-262-3425

#### **Hospital Affiliations:**

University Medical Center Mesabi  
*Cultural Comp. Training  
Accessible office, exam room  
and equipment*

#### **Family Practice Providers:**

Baldwin, Jan Linse, MD  
Durie, William, MD  
Golzales, Anthony, MAD  
Gonzales, Joylynn, MD  
Grahek, Patricia, MD  
Pederson, Jennifer, MD  
Thompson, Kim, CNP

### **Fairview Mesaba Clinic**

3605 Mayfair Avenue  
Hibbing, MN 55746  
218-262-3441

#### **Hospital Affiliation:**

University Medical Center Mesabi  
*Cultural Comp. Training  
Accessible office, exam  
room and equipment*

#### **Chiropractor Providers:**

Hildenbrand, Jay, DC

#### **Ear, Nose & Throat Providers:**

Fredrickson, Kristin, DO  
Ruud, Tara, PA

#### **Family Practice Providers:**

Antonich, Jeanne, CNP  
Bigelow, Kimberly, MD  
Clusiau, Kathryn, PA  
Couture Knuti, Janice, CNP  
Copeman, Jeffrey, MD  
Flaim, Anne, PA  
Kappela, Kasey, MD  
McDonald, Amanda, MD  
Middlestead, Deb, CNP  
Moberg, Joni, CNP  
Petroski, Shannon, CNP  
Rudberg, R. Jon, MD  
Rudberg, Susan, MD  
Salminen, Jennifer, CNP  
Slattery, Shannon, CNP  
St. George, Teresa, MD  
Swanson, Dara, CNP  
Thompson, Brian, MD  
Versich, Mark, MD  
Wallis, Colleen, PA

#### **Podiatry:**

Helland, Stacey, DPM

#### **General Surgeons:**

Haigh, Jacquelyn, CNS  
Hanson, Sandra, MD  
Hwang, Richard, MD  
Lucarelli, Joseph, MD  
Skaja, Joseph, MD  
Williams, Michael, DO

#### **Internal Medicine Providers:**

Bastianelli, Anthony, DO  
Hoppe, Theodore, DO

#### **Midwifery:**

Etter, Robin, CNM

#### **OB/GYN Providers:**

Bong, Henry, MD  
Jones, Elizabeth, MD  
Meyer, Lane, MD  
Tuthill, Amy, CNP

#### **Oncology Providers:**

Pettinelli, Kimberly, CNP  
Provatas, Anastas, MD

#### **Orthopaedic Providers:**

Denoncourt, Paul, MD  
Hise, Leo, MD

#### **Pediatric Providers:**

Hoppe, Theodore, DO  
Krause, Kevin, MD  
Buenger, Lisa, MD



## **Primary Care Clinics St. Louis County**

### **Hibbing Family Medical Clinic**

1120 E 24<sup>th</sup> St

Hibbing, MN 55746

218-362-7100

Hospital Affiliations:

**University Medical Center**

**Mesabi**

*Accessible office and exam room*

**Languages:**

Spanish

**Family Practice Providers:**

Cardwell, Mitchell, DO

Dworzynski, Christine, CNP

Hilde-Philips, Amy, MD

Loo, Thomas, MD

Turner, Stephen, DO

Wagner, Mark, MD

### **MOUNTAIN IRON**

#### **Fairview Mesaba Clinic**

8469 Enterprise Drive South

Mountain Iron, MN 55768

218-741-2250

**Hospital Affiliation:**

University Medical Center

Mesabi

*Cultural Comp. Training*

*Accessible office and exam  
room*

**Languages:**

Sign Language

**Family Practice Providers:**

Couture-Knuti, Janice, CNP

Flaim, Anne, CNP

St. George, Teresa, MD

**Podiatry:**

Helland, Stacey, DPM

## Behavioral Health

You can get updated information about providers in this list by visiting our website at [www.imcare.org](http://www.imcare.org). You can ask for a print copy of this directory and get information on specialists that are not listed in this booklet by calling Member Services at **1-800-843-9536 (toll free) or 218-327-6188. TTY users call 1-800-627-3529 (toll free) or 711.** Unless otherwise indicated, all providers in these listings are accepting new patients.

### **BIGFORK**

Cortese, Patricia, LP  
53221 Lily Pond Trail  
Bigfork, MN 56628  
218-244-6563

### **Scenic Rivers Health Services**

135 Pine Tree Drive  
Bigfork, MN 56628  
218-743-3232  
*Accessible office and exam room*  
**Provider:**  
Olds, Jeffrey, LICSW

### **DEER RIVER**

#### **Providence Psychiatry Services**

708 Division Street  
Deer River, MN 56636  
218-246-6286  
*Cultural Comp. Training*  
*Accessible office and exam room*  
**Provider:**  
Vaneps, Jean, CNP

#### **Stapleton Psychological Services**

1006 Comstock Drive  
Deer River, MN 56636  
218-259-0747  
*Accessible office and exam room*  
**Provider:**  
Stapleton, Kenneth, LP

### **GRAND RAPIDS**

#### **Anderson Jore Counseling**

1749 2nd Avenue SE  
Grand Rapids, MN 55744  
218-326-9781  
*Accessible office and exam room*  
**Providers:**  
Anderson, Mark, LPCC  
Jore Anderson, Renee, LMFT

### **Children's Mental Health**

35382 US Highway 2 W  
Grand Rapids, MN 55744  
218-327-4886  
*Cultural Comp. Training*  
*Accessible office*  
**Providers:**  
Field, Kathleen, LICSW  
Harbin, Michael, LICSW  
Larsen, William, LP  
Latvala, Jolene, LICSW  
Perkovich, Jessie, LPCC  
Prewett, Beth, LPCC  
Schmidt, Lynette, LICSW

### **Embrace Mental Health, LLC**

10 NW 5<sup>th</sup> St. Ste. 3  
Grand Rapids, MN 55744  
218-297-0055  
**Provider:**  
Dafoe-Butler, Dana, LMFT

### **J. Hill Psychological Services**

201 NW 4th Street Suite 7  
Grand Rapids, MN 55744  
218-999-7552  
*Accessible office*  
**Providers:**  
Hill, Janine, LMFT

### **Lakeview Behavioral Health**

20 NW 3rd Street  
Grand Rapids, MN 55744  
218-327-2001  
*Accessible office and exam room*  
**Providers:**  
Butler, Dana, LMFT  
Dewey, Louise, CNP  
Englund, Stacy, LICSW  
Johnson, Thomas, CNP  
Riggs, Lisa, CNP  
Weidendorf, Melissa, LPCC

### **Linnihan, Mary, LP**

501 Pokegama Ave S, Suite 4  
Grand Rapids, MN 55744  
218-244-9414

### **Modern M.O.J.O., LLC**

28 4th Street NW, Suite A  
Grand Rapids, MN 55744  
218-999-7750  
*Cultural Comp. Training*  
*Accessible office and exam room*  
**Providers:**  
Alaspa, Krista, CNP  
Zimmerman-Deschepper, Tracy, CNP

### **Meyer, Lois, LMFT**

419 Timberline Circle SW  
Grand Rapids, MN 55744  
218-327-7267

### **NHS-Northstar Specialized Services**

501 Pokegama Ave, Suite 3  
Grand Rapids, MN 55744  
218-254-5757  
**Provider:**  
Hoelscher, Gordon, LICSW

### **North Homes, Inc**

1880 River Road  
Grand Rapids, MN 55744  
218-327-3000  
*Cultural Comp. Training*  
*Accessible office and exam rooms*  
**Providers:**  
Corradi, Lisa, LICSW  
DelGreco, Rochelle, LICSW  
Farnsworth, Donald, LP  
Faver, Richard, LP  
Kujawa, Lindsay, PhD, LP  
Lach, Rachel, LPCC  
Mallum, Amy, LICSW  
McCaughtry, Floyd, LICSW  
Rubesh, Kathleen, LICSW  
Sheppard, Jennifer, LICSW  
Stitt, Marissa, LPCC

### **Riggs, Lisa, APRN, CNP, LLC**

1619 Mishawaka Rd.  
Grand Rapids, MN 55744  
218-999-9908

## Behavioral Health

### **Speak Easy, LLC**

10 NW 5<sup>th</sup> St. Ste. 203  
Grand Rapids, MN 55744  
218-245-5073

#### **Provider:**

Weidendorf, Melissa, LPCC

### **Northland Counseling Center**

215 SE 2nd Avenue  
Grand Rapids, MN 55744  
218-326-1274

*Cultural Comp. Training*

*Accessible office*

#### **Providers:**

Alstad, Jennifer, LMFT  
Baratto, Angela, LPCC  
Bilyeu, Kirstiane, LICSW  
Christian, James, LMFT  
Flood, Laura, LMFT  
Heitzman, Jean, LICSW  
Kefalas, Thomas, MD  
Litchke, Tabbatha, LPCC  
Nelson, Bradley, LP  
Nelson, Dannielle, CNP  
Pellerito, Angela, CNP  
Pereira, Ana, LMFT  
Sally, Linh, LICSW  
Shimek, Mandi, LPCC  
Troumbly, Laurie, LPCC  
Wallaker, Brea, LICSW  
White, John, LMFT  
Worrath, Brandi, LPCC

### **Pamela Johnson, LP**

501 Pokegama Ave S, Suite 4  
Grand Rapids, MN 55744  
218-327-9336

### **Restoration Counseling & Psychological Services**

10 1/2 NW 3rd  
Street PO Box 337  
Grand Rapids, MN 55744  
218-327-0887

#### **Providers:**

Rhodes, Heather, LP

### **Stapleton Psychological Services**

21 NE 5th Street, Suite 100  
Grand Rapids, MN 55744  
218-326-5694

#### **Providers:**

Stapleton, Kenneth, LP

### **Stenlund Psychological Services**

1425 E Hwy 169  
Grand Rapids, MN 55744  
218-327-8937

#### **Provider:**

Stenlund, Bryan, LP

### **Stepping Stones Child & Family Services**

214 1st Avenue NW, Unit C  
Grand Rapids, MN 55744  
218-301-9122

#### **Provider:**

Chandler, Kelly, CNP

### **Thomas Counseling & Wellness Center, LLC**

421 NE 9th Avenue  
Grand Rapids, MN 55744  
218-302-4468

#### **Providers:**

Thomas, Cindy Lee, LICSW  
Rinne, Michelle, LP

### **Toonstra Psychological Services**

107 SE 10th Street Unit 102  
Grand Rapids, MN 55744  
218-259-7424

#### **Provider:**

Toonstra, Martin (Jeff), LP

### **Doctor V, LLC**

2022 Cromwell Dr.  
Grand Rapids MN 55744  
218-398-3502

*Accessible office and exam room*

#### **Providers:**

Vietanen, Mischelle, LP

### **Victoria Beck, LLC**

1749 SE 2<sup>nd</sup> Avenue  
Grand Rapids, MN 55744  
218-259-0747

### **Well, PLLC**

801 4<sup>th</sup> Street  
Grand Rapids, MN 55744  
218-999-9660

#### **Providers:**

Christian, James, LMFT  
Flood, Lauren, LMFT  
Sally, Linh, LICSW

### **NASHWAUK**

#### **Northern Perspectives Psychological Services**

*Accessible office*

430 Pearson Ave.  
Nashwauk, MN 55769  
218-301-1010

#### **Providers:**

Othon, Victoria, LP  
Roth, Shosty, PA  
Vitelli, Joann, LP  
Winterfeldt, Melanie, LICSW

### **NORTHOME**

#### **Scenic Rivers Health Services**

*Accessible office and exam room*

12052 Main Street  
Northome, MN 56661  
218-897-5222

#### **Provider:**

Olds, Jeffrey, LICSW

## Behavioral Health

### ST. LOUIS COUNTY

#### COOK

##### **Scenic Rivers Health Services**

20 5th Street SE Cook, MN 55723  
218-666-5941

*Accessible office and exam room*

#### **Providers:**

Lantry, Stephanie, LICSW  
Olds, Jeffrey, LICSW

#### HIBBING

##### **Calla, PLC**

2602 W 1st Ave  
Hibbing, MN 55746  
218-263-3360

*Cultural Comp. Training*

*Accessible office and exam room*

#### **Provider:**

Hill, Allison, CNP

##### **Creative Solutions 4 Kids**

2900 E Beltline Highway  
Suite 16

Hibbing, MN 55746  
218-244-9414

*Accessible office*

#### **Providers:**

Fisher, Debra, LICSW  
Rengstorf, Ashley, LICSW

##### **Fairview Mesaba Clinic**

3605 Mayfair Avenue  
Hibbing, MN 55746  
218-262-3441

*Cultural Comp. Training*

*Accessible office and exam room*

#### **Providers:**

Alaspa, Krista, CNP  
Breitbarth, Steven,  
LMFT Eliason, Misty, MD  
Larson, Janet, CNP  
Maxwell, Laura, LICSW  
Overlee, Debra, LICSW  
Patterson, April, NP  
Porcello, Valerie, CNP  
Silverstri-Adamich, Lisa, LICSW  
Thronson, Laura, LPCC  
White, Chandra, NP  
Woelper, Angela, CNP

##### **Heartwood Center for Child and Family Therapy, LLC**

302 E Howard St Suite 118  
Hibbing MN 55746  
218-263-1347

*Accessible office*

#### **Providers:**

Cesari, Maria, LICSW  
Kendall, Jennifer, LMFT

##### **J. Hill Psychological Services**

302 Howard St.  
Hibbing MN 55746  
218-999-7552

#### **Provider:**

Hill, Janine, LMFT

##### **Kind Mind Counseling**

3105 E Beltline Hwy., Ste. 16  
Hibbing, MN 55746

218-969-4286

218-263-5949

*Accessible office*

#### **Providers:**

Haapala, Charlene, LICSW  
Jotter, Marmie, LICSW

##### **Lakeview Behavioral Health**

2729 E 13<sup>th</sup> Ave.  
Hibbing, MN 55746

218-293-4789

*Cultural Comp. Training*

*Accessible office*

#### **Providers:**

Englund, Stacey, LICSW  
Johnson, Tom, CNP  
Riggs, Lisa, CNP

##### **Range Mental Health Center**

3203 West 3<sup>rd</sup> Ave.  
Hibbing, MN 55746

218-263-9237

888-344-9237

*Cultural Comp. Training*

*Accessible office and exam room*

#### **Providers:**

Erie, Kristin, LICSW  
Marshall, Marianne, LMFT

## Chemical Dependency

You can get updated information about providers in this list by visiting our website at [www.imcare.org](http://www.imcare.org). You can ask for a print copy of this directory and get information on specialists that are not listed in this booklet by calling Member Services at **1-800-843-9536 (toll free) or 218-327-6188. TTY users call 1-800-627-3529 (toll free) or 711.** Unless otherwise indicated, all providers in these listings are accepting new patients.

### ITASCA COUNTY

#### **GRAND RAPIDS**

##### **Hope House**

*Accessible office*  
2002 Cromell Dr  
LaPrairie, MN 55744  
218-326-1443

##### **Lakeplace Retreat Center**

*Accessible office*  
25704 County Road 338  
Bovey, MN 55709  
218-245-1395

##### **North Homes, Inc**

1880 River Road  
Grand Rapids, MN 55744  
218-327-3000  
*Cultural Comp. Training*  
*Accessible office*  
**Providers:**  
Corradi, Lisa, LICSW  
DelGreco, Rochelle, LICSW  
Farnsworth, Donald, LP  
Faver, Richard, LP  
Lach, Rachel, LPCC  
Mallulm, Amy, LICSW  
McCaughtry, Floyd, LICSW  
Rubesh, Kathleen, LICSW  
Sheppard, Jennifer, LICSW

##### **Northland Recovery Center**

*Cultural Comp. Training*  
*Accessible office*  
1215 SE 7th Avenue  
Grand Rapids, MN 55744  
218-327-1105

##### **Pear Lake Women's Program**

2086 Ridgeway Dr  
Grand Rapids, MN 55744  
218-327-9944

##### **Lakeview Behavioral Health**

516 South Pokegama Avenue  
Grand Rapids, MN 55744  
218-327-2001

### ST. LOUIS COUNTY

#### **HIBBING**

##### **Range Mental Health Center**

*Accessible office*  
3203 West 3rd Avenue  
Hibbing, MN 55746  
218-263-9237  
888-344-9237

##### **Providers:**

DelGreco, Kathleen, LICSW  
Erie, Kristin, LICSW  
Krebsbach, Janice, LICSW  
Kresien, Timothy, LICSW

## Chiropractors

You can get updated information about providers in this list by visiting our website at [www.imcare.org](http://www.imcare.org). You can ask for a print copy of this directory and get information on specialists that are not listed in this booklet by calling Member Services at **1-800-843-9536 (toll free) or 218-327-6188. TTY users call 1-800-627-3529 (toll free) or 711.** Unless otherwise indicated, all providers in these listings are accepting new patients.

### ITASCA COUNTY

#### **BIGFORK**

##### **Bigfork Valley Hospital**

258 Pine Tree Drive Bigfork,  
MN 56628  
218-743-4340  
*Accessible office, exam room and  
equipment*  
**Chiropractor:**  
Olson, Harold (Mike), DC

##### **Itasca Chiropractic Center**

Located in the Splitting Tree Mall  
Bigfork, MN 56628  
218-326-1732  
*Accessible office and exam room*  
**Chiropractor:**  
Anderson, Donald, DC

#### **BOVEY**

##### **Bergren Family Chiropractic**

23465 County Road 8  
Bovey, MN 55709  
218-245-2176  
*Accessible office and exam room*  
**Providers:**  
Bergren, Jerrad, DC

#### **GRAND RAPIDS**

##### **Davis Chiropractic Health & Wellness**

204 NW 5th Street  
Grand Rapids, MN 55744  
218-326-1804  
*Cultural Comp. Training*  
*Accessible office*  
**Chiropractor:**  
Davis, Ryan, DC  
Joki, John, DC

##### **Denver Chiropractic Clinic**

107 SE 10th Street  
Grand Rapids, MN 55744  
218-326-0071  
*Accessible office and exam room*  
**Chiropractor:**  
Denver, Gregory, DC

##### **Grand Itasca Clinic & Hospital**

111 SE 3rd Street  
Grand Rapids, MN 55744  
218-326-5000  
*Cultural Comp. Training*  
*Accessible office, exam  
room and equipment*  
**Chiropractor:**  
Soular, Linnea, DC

##### **Grand Rapids Chiropractic**

1415 E Highway 169  
Grand Rapids, MN 55744  
218-326-1030  
*Accessible office and exam room*  
**Chiropractor:**  
Hebrink, Tanya, DC

##### **Gunnerson Chiropractic**

1325 NW 4th Street Suite  
200 Grand Rapids, MN 55744  
218-326-4022  
*Accessible office and exam room*  
**Chiropractor:**  
Gunnerson, Lane, DC

##### **Itasca Chiropractic Center**

823 NE 4th Street  
Grand Rapids, MN 55744  
218-326-1732  
*Accessible office and exam room*  
**Chiropractor:**  
Anderson, Donald, DC

##### **McBride Chiropractic Clinic**

1751 2nd Avenue SE Suite 3  
Grand Rapids, MN 55744  
218-326-2828  
*Accessible office and exam room*  
**Chiropractors:**  
Bulson, Andrea, DC  
McBride, R. Scott, DC

##### **Gary D. Wheelock, DC**

605 4th Street NW  
Grand Rapids, MN 55744  
218-326-2714  
*Accessible office and exam room*

### ST. LOUIS COUNTY

#### **HIBBING**

##### **Fairview Mesaba Clinic**

3605 Mayfair Avenue  
Hibbing, MN 55746  
218-262-3441  
*Cultural Comp. Training*  
*Accessible office and exam room*  
**Chiropractor:**  
Hildenbrand, Jay, DC

##### **Quirk Chiropractic Clinic**

1406 E 40th Street  
Hibbing, MN 55746  
218-262-1880  
*Cultural Comp. Training*  
*Accessible office and exam room*  
**Chiropractor:**  
Quirk, Michael, DC

## Dentists

You can get updated information about providers in this list by visiting our website at [www.imcare.org](http://www.imcare.org). You can ask for a print copy of this directory and get information on specialists that are not listed in this booklet by calling Member Services at **1-800-843-9536 (toll free) or 218-327-6188. TTY users call 1-800-627-3529 (toll free) or 711.** Unless otherwise indicated, all providers in these listings are accepting new patients.

### **BIGFORK**

#### **Bigfork Dental Clinic**

303 Main Ave.

Bigfork, MN 56628

218-743-3600

*Accessible office and exam room*

#### **Dentists:**

Corrin, Lucy, DDS

Sushoreba, Duane, DDS

Talberg, Michael, DDS

Wightman, Robert, DDS

### **COLERAINE**

#### **Anderson Family Dental**

209 McLean Avenue

Coleraine, MN 55722

218-245-1278

#### **Dentist:**

Anderson, Jordan, DDS

*Accessible office and exam room*

#### **Cedar Ridge Dental Centre**

303 Powell Avenue

Coleraine, MN 55722

218-245-2451

*\*\*\*No New Patients*

*Accessible office and exam room*

#### **Dentists:**

Schroeder, Barbara, DDS

Schroeder, Matthew, DDS

### **DEER RIVER**

#### **Carter, Jeffery L., DDS**

111 Main Street

Deer River, MN 56636

218-246-8200

*Accessible office and exam room*

### **GRAND RAPIDS**

#### **Bolz, Jeffrey N., DDS**

512 1st Avenue NE

Grand Rapids, MN 55744

218-326-3240

*Accessible office*

#### **Grand Dental Center**

1604 Golf Course Road

Grand Rapids, MN 55744

218-326-0339

*Accessible office and exam room*

#### **Dentists:**

Johnson, Lisa, DDS

McBride, Leanna, DDS

#### **Grand Rapids Dental Care**

220 SE 21st Street

Grand Rapids, MN 55744

218-326-3438

*Accessible office*

#### **Dentists:**

Buchert, Rachel, DDS

Hagley, Michael, DDS

#### **Jess, Lee D., DDS**

501 South Pokegama Suite 101

Grand Rapids, MN 55744

218-326-3231

*Accessible office and exam room*

#### **Johnson, James, DDS**

512 NE 1st Avenue Grand

Rapids, MN 55744

218-326-2531

*Accessible office and exam room*

#### **Miskovich Dental Clinic, PC**

1121 SE 4th Avenue

Grand Rapids, MN 55744

218-326-3437

*Accessible office*

#### **Dentists:**

Miskovich, Mike, DDS

Miskovich, Peter, DDS

#### **Northern Lakes Dental**

520 5th Street NW

Grand Rapids, MN 55744

218-326-2901

*Accessible office and exam room*

#### **Dentists:**

Cargill, Kathryn, DDS

Hallie, Erick, DDS

Ihle, Jacob, DDS

#### **Rowell Family Dentistry**

510 2nd Avenue NW

Grand Rapids, MN 55744

218-326-1266

*Accessible office*

#### **Dentist:**

Rowell, Stephanie, DDS

Rowell, Bryon G., DDS

#### **Schroeder Family Dentistry**

403 NE 5th Avenue

Grand Rapids, MN 55744

218-326-9051

#### **Dentists:**

*Accessible office and exam room*

Schroeder, Barbara, DDS

Schroeder, Matthew, DDS

#### **West Range Dental Clinic**

1043 E Highway 169

Grand Rapids, MN 55744

218-326-2560

*Accessible office*

#### **Dentist:**

Rostvold, James, DDS

### **NASHWAUK**

#### **Up North Dental**

210 Central Avenue

Nashwauk, MN 55769

218-885-9921

*Accessible office and exam room*

#### **Dentist:**

Specht, CJ (Charity), DDS

### **ST. LOUIS COUNTY**

#### **COOK**

#### **Scenic Rivers Health Services**

12 South River St

Cook, MN 55723

218-666-5958

*Accessible office*

#### **Dentists:**

Corrin, Lucy, DDS

Rezk, Ehab, DDS

Spouls, Timothy, DDS

Sushoreba, Duane, DDS

Talberg, Michael, DDS

Wightman, Robert, DDS

## Eye Care

You can get updated information about providers in this list by visiting our website at [www.imcare.org](http://www.imcare.org). You can ask for a print copy of this directory and get information on specialists that are not listed in this booklet by calling Member Services at **1-800-843-9536 (toll free) or 218-327-6188. TTY users call 1-800-627-3529 (toll free) or 711.** Unless otherwise indicated, all providers in these listings are accepting new patients.

### ITASCA COUNTY

#### **GRAND RAPIDS**

##### **John L. Bonner Eye Clinic**

1542 Golf Course Rd Suite 201

Grand Rapids MN 55744

218-326-7260

*Accessible office and exam room*

##### **Ophthalmologist:**

Mariano, M. Jerry, MD

##### **Optometrists:**

Haugeberg, Amy, OD

Young, Michael, OD

##### **Eye Care Clinic**

15 NE 5<sup>th</sup> Street

Grand Rapids MN 55744

218-327-1148

*Accessible office and exam room*

##### **Optometrists:**

Perrot, Richard, OD

Tabbert, Corey, OD

##### **Eye Fashions Optical Shoppe**

202 NW 1<sup>st</sup> Ave

Grand Rapids MN 55744

218-326-0358

*Accessible office and exam room*

##### **Optometrist:**

Schlauderaff, Larry, OD

##### **Eye Q Optometric Clinic**

201 NW 4<sup>th</sup> St Suite 109

Grand Rapids MN 55744

218-326-9619

*Cultural Comp. Training*

*Accessible office*

##### **Optometrist:**

Dalen, Darwin, OD

##### **Vision Optical**

710 Pokegama Ave. S

Grand Rapids MN 55744

218-326-1775

##### **Optometrist:**

Dubbels, Paul, OD

*Accessible office*

##### **Vision Pro**

3150 S Pokegama Ave Suite 103

Grand Rapids, MN 55744

218-327-0700

*Cultural Comp. Training*

*Accessible office and exam room*

##### **Optometrist:**

Wilson, Quang, OD

### ST. LOUIS COUNTY

#### **HIBBING**

##### **John L. Bonner Eye Clinic**

3605 Mayfair Ave Suite 2150

Hibbing MN 55746

218-262-3156

*Accessible office and exam room*

##### **Ophthalmologist:**

Mariano, M. Jerry, MD

##### **Optometrists:**

Haugeberg, Amy, OD

Young, Michael, OD

##### **Dr. Ernest T. Williams, Jr.**

2932 1<sup>st</sup> Ave.

Hibbing MN 55746

218-262-5686

*Accessible office and exam room*



## Home & Community Bases Services

The following providers, Home & Community Based Service Providers, are not listed in this directory but you can ask for a subdirectory by contacting Member Services at **1-800-843-9536 (toll free) or 218-327-6188. TTY users call 1-800-627-3529 (toll free) or 711.** You can also reference the online provider search tool located at [www.imcare.org](http://www.imcare.org).

## Home Care Agencies & PCA's

The following providers, Home Care Agencies & PCA's, are not listed in this directory but you can ask for a subdirectory by contacting Member Services at **1-800-843-9536 (toll free) or 218-327-6188. TTY users call 1-800-627-3529 (toll free) or 711.** You can also reference the online provider search tool located at [www.imcare.org](http://www.imcare.org).

## Pharmacies

You can get updated information about providers in this list by visiting our website at [www.imcare.org](http://www.imcare.org). You can ask for a print copy of this directory and get information on specialists that are not listed in this booklet by calling Member Services at **1-800-843-9536 (toll free) or 218-327-6188. TTY users call 1-800-627-3529 (toll free) or 711.** Unless otherwise indicated, all providers in these listings are accepting new patients.

Enrollees with Medicare must use a Medicare Part D prescription drug plan for Part D covered drugs. Contact your Medicare Part D prescription drug plan if you have questions about how to access pharmacies for Part D drugs.

### **BIGFORK**

**Bigfork Valley Pharmacy**  
258 Pine Tree Drive  
Bigfork, MN 56628  
218-743-4444  
[www.bigforkvalley.org](http://www.bigforkvalley.org)

### **DEER RIVER**

**Ott Drug Store, Inc**  
117 Main Avenue E  
Deer River, MN 56636  
218-246-8642

### **GRAND RAPIDS**

**CVS - Target Pharmacy**

2140 Pokegama Avenue S  
Grand Rapids, MN 55744  
218-326-6412

**Essentia Health -Grand Rapids**  
1542 Golf Course Rd, Ste. 205  
Grand Rapids, MN 55744  
218-322-6210

**Grand Itasca Pharmacy**  
1601 Golf Course Rd  
Grand Rapids, MN 55744  
218-326-4000

### **Thrifty White Drug #728**

1105 S Pokegama Ave  
Grand Rapids, MN 55744  
218-326-9431  
[www.thriftywhite.com](http://www.thriftywhite.com)

### **Thrifty White Pharmacy #788**

2410 S Pokegama Ave  
Grand Rapids, MN 55744  
218-326-7054  
[www.thriftywhite.com](http://www.thriftywhite.com)

### **Walgreens Pharmacy**

18 SE 10th Street  
Grand Rapids, MN 55744  
218-326-0069

### **Walmart Pharmacy**

100 SE 29th Street  
Grand Rapids, MN 55744  
218-326-9401  
[www.walmart.com](http://www.walmart.com)

### **ST. LOUIS COUNTY**

### **HIBBING**

**Baron's Pharmacy**  
1120 E 34th Street  
Hibbing, MN 55746  
218-263-7455

### **Essentia Health - Hibbing**

730 E 34th St, Ste A  
Hibbing, MN 55746  
218-262-5225

### **Fairview Mesaba Pharmacy**

3605 Mayfair Avenue  
Hibbing, MN 55746  
218-263-4922

### **Thrifty White Drug**

3517 E Beltline  
Hibbing, MN 55746  
218-262-6140

### **Walgreens Pharmacy**

1130 E 37th Street  
Hibbing, MN 55746  
218-262-1358  
[www.walgreens.com](http://www.walgreens.com)

### **Walmart Pharmacy**

12080 Highway 169 W  
Hibbing, MN 55746  
218-262-3419  
[www.walgreens.com](http://www.walgreens.com)

## Hospitals

You can get updated information about providers in this list by visiting our website at [www.imcare.org](http://www.imcare.org). You can ask for a print copy of this directory and get information on specialists that are not listed in this booklet by calling Member Services at **1-800-843-9536 (toll free) or 218-327-6188. TTY users call 1-800-627-3529 (toll free) or 711.** Unless otherwise indicated, all providers in these listings are accepting new patients.

### ITASCA COUNTY

#### **BIGFORK**

##### **Bigfork Valley Hospital**

258 Pine Tree drive

Bigfork, MN 56628

218-743-3177

*Cultural Comp. Training*

*Accessible office, exam room and equipment*

#### **DEER RIVER**

##### **Essentia Health**

115 10<sup>th</sup> Ave NE

Deer River, MN 56636

218-246-2900

*Cultural Comp. Training*

*Accessible office, exam room and equipment*

##### **Languages:**

Spanish

#### **GRAND RAPIDS**

##### **Grand Itasca Clinic & Hospital**

1601 Golf Course Rd

Grand Rapids MN 55744

218-326-3401

*Cultural Comp. Training*

*Accessible office, exam room and equipment*

##### **Languages:**

Spanish

### ST LOUIS COUNTY

#### **HIBBING**

##### **University Medical Center**

##### **Mesabi**

750 East 34<sup>th</sup> St

Hibbing MN 55746

218-262-4881

*Cultural Comp. Training*

*Accessible office, exam room and equipment*

##### **Languages:**

Finnish

Greek

## Nursing Homes

#### **BIGFORK**

##### **Bigfork Valley Communities**

258 Pine Tree Drive

Bigfork, MN 56628

218-743-3174

#### **DEER RIVER**

##### **Essentia Health Homestead**

##### **Rehabilitation & Living Center**

1053 Comstock Drive

Deer River, MN 56636

218-246-3007

#### **GRAND RAPIDS**

##### **Evergreen Terrace**

2801 S Highway 169

Grand Rapids, MN 55744

218-326-3431

##### **Grand Village & Lodge**

923 Hale Lake Pointe

Grand Rapids, MN 5

## Specialty Providers

You can get updated information about providers in this list by visiting our website at [www.imcare.org](http://www.imcare.org). You can ask for a print copy of this directory and get information on specialists that are not listed in this booklet by calling Member Services at **1-800-843-9536 (toll free) or 218-327-6188. TTY users call 1-800-627-3529 (toll free) or 711.** Unless otherwise indicated, all providers in these listings are accepting new patients.

### AUDIOLOGISTS

#### **GRAND RAPIDS**

##### **Hearing Associates**

*Accessible office*  
303 SE 1st Street  
Grand Rapids, MN 55744  
218-326-6018

##### **Hearing Equipment & Repair**

*Accessible office*  
1275 S Pokegama Avenue  
Grand Rapids, MN 55744  
218-326-5986

### GENERAL SURGERY

#### **GRAND RAPIDS**

##### **Lakewood Surgery Center**

*Accessible office*  
1542 Golf Course Road #105  
Grand Rapids, MN 55744  
218-326-3937

##### **Itasca Surgical Clinic**

1542 Golf Course Road #202  
Grand Rapids, MN 55744  
218-327-7973  
*Accessible office*

##### **Providers:**

Margo, Daniel, MD  
Church, Carol, CNS

### ORTHOPAEDIC

#### **GRAND RAPIDS**

##### **Northern Pines Orthopaedic Clinic**

*Accessible office*  
111 Golf Course Road  
Grand Rapids, MN 55744  
218-326-6677

##### **Providers:**

Baker, Daniel, MD  
Temple, Jeff, NP

## Urgent Care Providers

### ITASCA COUNTY

#### **GRAND RAPIDS**

##### **Essentia Health Grand Rapids**

1542 Golf Course Road Suite 203  
Grand Rapids, MN 55744  
218-999-7000  
*Accessible office, exam rooms and equipment*

##### **Hospital Affiliation:**

Essentia Health Deer River

##### **Hours of Operation:**

Monday & Thursday  
5:00 - 8:00  
Saturday  
9:00 - 1:00

*\*Hours are subject to change*

#### **Rapid Clinic**

1601 Golf Course Road  
Grand Rapids, MN 55744  
218-326-3401

##### *Cultural Comp. Training*

*Accessible office, exam rooms and equipment*

##### **Hospital Affiliation:**

Grand Rapids Clinic & Hospital

##### **Hours of Operation:**

Monday-Sunday 10:00 - 8:00  
Memorial Day, July 4th & Labor Day 10:00 - 8:00  
Christmas Eve and New Year's Eve 10:00 - 2:00

##### **CLOSED:**

New Year's Day, Easter, Thanksgiving, Christmas Day  
*\*Hours are subject to change*

### ST. LOUIS COUNTY

#### **HIBBING**

##### **Fairview University Medical Center - Mesabi**

750 E 34th Street  
Hibbing, MN 55746  
218-262-4881

888-870-8626

##### *Cultural Comp. Training*

*Accessible office, exam rooms and equipment*

##### **Hospital Affiliation:**

Fairview University Medical Center - Mesabi

##### **Hours of Operation:**

Monday - Sunday 9:00 - 10:00

*\*Hours are subject to change*

## IMCare Offers:

**Local Customer Service** – We have trained and dedicated Member Services staff, and your calls will always be answered by a **person**, not a machine.

**Quality Health Coverage** – You get coverage for the health care you need, including many services to help you stay healthy: checkups, immunizations, care coordination and disease management programs.

**Access to Specialists** – You can see network specialists without a referral.

**Large Network of Providers** – We have an extensive network of primary and specialty care providers.

**Cooperation** – We work closely with local providers to better meet your needs.



Member Services  
1-800-843-9536 (toll free) or  
218-327-6188  
Monday – Friday, 8 a.m. – 8 p.m.

Website  
[www.imcare.org](http://www.imcare.org)

Address  
IMCare  
1219 SE 2<sup>nd</sup> Avenue  
Grand Rapids, MN 55744

This information is available in other forms to people with disabilities by calling:  
1-800-843-9536 (toll free) or  
218-327-6188

TTY Users Call  
1-800-627-3529 or 711