

Itasca Medical Care

We are your local County health care

Provider & Pharmacy Directory

Effective January 1, 2020

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

The information printed in this directory was correct as of October 2020. To see the most current information, visit the website at 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 monthly. You can ask for a printed copy of this Provider Directory at any time.

1-800-843-9536(toll free); TTY 1-800-627-3529 or 711

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

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ي الرقم أعلاه لة، اتصقه الوثيه تمر جتنية لاجمة عداسه تدرا ألاحظة: إم.

သတိ။ ဤစာရွက်စာတမ်းအားအခမဲ့ဘာသာပြန်ပေးခြင်း အကူအညီလိုအပ်ပါက၊ အထက်ပါဖုန်းနံပါတ်ကိုခေါ်ဆိုပါ။

កំណត់សំគាល់ ។ បើអ្នកត្រូវការជំនួយក្នុងការបកប្រែឯកសារនេះដោយឥតគិតថ្លៃ សូមហៅទូរសព្ទតាមលេខខាងលើ ។

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 ntauv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.

ဟ်သူဉ်ဟ်သးဘဉ်တက့ၢ်. ဝဲနမ့ၢ်လိဉ်ဘဉ်တၢ်မၤစၢၤကလိလၢတၢ်ကကျိးထံဝဲဒဉ်လံာ် တီလံာ်မိတခါအံၤန့ၢ်, ကိးဘဉ်လိတဲစိနီၢ်ဂံၢ်လၢထးအံၤန့ၢ်တက့ၢ်.

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

ໂປຣດຊາບ, ຖ້າທາກ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປເອກະສານນີ້ພຣີ, ຈົ່ງໂທໄປທີ່ໝາຍເລກຂ້າງເທິງນີ້.

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
- religion (in some cases)

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

U.S. Department of Health and Human Services
Office of Civil Rights
200 Independence Avenue SW
Room 515F
HHH Building
Washington, DC 20201
Customer Response Center: Toll-free: 800-368-1019
TDD 800-537-7697
Email: ocrmail@hhs.gov

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

540 Fairview Avenue North

Suite 201

St. Paul, MN 55104

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 (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:

IMCare Compliance Coordinator
ATTN: Civil Rights Coordinator
Itasca Medical Care (IMCare)
1219 SE 2nd Ave
Toll Free: 1-800-843-9536
TTY: 1-800-627-3529 (MN Relay) or 711
Fax: 218-327-5545
Email: imcarecompliance@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
Page	3	Introduction
Page	4	Important Information
Page	6	Provider Network Listing Key
Page	7	Primary Care Clinics
Page	11	Behavioral Health Outpatient Providers
Page	17	Behavioral Health Inpatient Providers
Page	18	Substance Use Disorder Providers
Page	19	Chiropractors
Page	20	Dentists
Page	21	Eye Care
Page	18	Home Health Care Providers
Page	23	Pharmacies
Page	24	Hospitals & Nursing Homes
Page	25	Specialty Providers & Urgent Care Providers

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.

Important Information

Care Coordination (MSC+ members only)

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
- Other services as outlined in member care plans

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. You can get a Member Handbook with more information about cost sharing.

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.

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. LTSS are intended to help you live in the community and are typically provided at your home by home and community-based services providers. To find out more about these services, see your Member Handbook. Call Member Services to get more information on how to access these services.

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 to access it electronically.

Member Identification (ID) Cards

You will 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. 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. You can 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.

Provider Network Listing Key

Information about the following is included in the provider listings:

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.

The Americans with Disabilities Act (ADA) requires that people with disabilities have equal access to services.

- Most facilities are accepting new patients, unless noted ***Not accepting new patients.
- *Cultural Competency Training* means providers have completed cultural competency training in the last 12 months. 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.

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. 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:

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

410 Second St. NW
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
Pitt, Shannon, CNP
Porter, Catherine, PA
Scrivner, Jeffrey, MD
Scrivner, Eric, MD
White, Brittany, CNP

BIGFORK

Bigfork Valley Specialty Clinic

258 Pine Tree drive
Bigfork, MN 56628
218-743-3177

Hospital Affiliation:

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

Orthopedic Providers:

Baker, Daniel, MD
Temple, Jeffrey, CNP

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
Hoffman, Julia, MD
Pitt, Shannon, CNP
Porter, Catherine, PA
Mann, Chelsea, MD
Myers Wolfson, Barret, MD
Myers, Jay, MD
Scrivner, Eric, MD
Scrivner, Jeff, MD
White, Brittany, CNP

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:

Alexander, Stephanie, CNP
Garshelis, Judy, CNP
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:

Schultz, Karissa, CNP

Hematology/Oncology:

Oberhelman, Brittany, CNP

Orthopaedic Surgery Providers:

Palkert, Diane, MD

Primary Care Clinics Itasca County

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

Family Practice Providers:

Berg, Tamara, PA

Carey, Jodie, CNP

Carlin-Janssen, Patricia, MD

Carlisle, Jack, MD

Carlson, Jeremy, MD

Castillo-Nelson, Cristina, MD

Castle, Natalie, PA

Cleary, Cathy, MD

Cole-Anthony, Cary, MD

Imholte, Philip, MD

Liebe, Michael, MD

Nelson, Patrick, PA

Oja, Jennifer, PA

Olson, Dawn, CNP

Overbye, Michelle, CNP

Pehl, Timothy, MD

Rogalla, Aislinn, DO

Rutherford, William, MD

Smestad, Danielle, CNP

Soltis, Shelly, DO

Soular, Daniel, MD

Tofte, Anne, MD

Youngdahl-Palacek, Antoinette,
MD

General Surgery:

Germescheid, Jonathan, MD

Kole, John, MD

Owens, Lisa, MD

Olson, Shawn, MD

Gerontology

Harnack, Stephanie, 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:

DeMuri, Meg, PA

Fultz, Janna, CNP

Gustafson, Natalie, CNP

Jensen, Kelley, 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

Harle, Brooke, CNP

Hoyum, Susan, MD

Koivisto, Stephanie, CNP

Tervo, Rebecca, CNP

Thompson, Brian, MD

Podiatry:

Helland, Stacey, DPM

General Surgery:

Smith, Wendell, MD

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:

Dahlquist, Jeffrey, PA

Drake, Kari, PA

Pitt, Shannon, CNP

Porter, Catherine, PA

Mann, Chelsea, MD

Myers Wolfson, Barret, MD

Sandberg, Cynthia, CNP

Scrivner, Jeff, MD

White, Brittany, CNP

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:

Grahek, Patricia, 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

Behavioral Health

Providers:

Spolarich, Danielle, LPCC

Family Practice Providers:

Anderson, Edwin, MD
Banks, Amy, MD
Elleby, Eric, MD
Hadrava, Emily, CNP
Hoffman, Julia, MD
Holmes, Matthew, MD
Lantry, Stephanie, CNP
Myers, Jay, MD
Sandberg, Cynthia, CNP
Tietz, Charles, MD
Vidor, Nicholas, MD
White, Brittany, CNP

HIBBING

Essentia Health Hibbing

730 East 34th 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
Grahek, Patricia, MD
Seeber, Lisa, MD

Spencer, Arla, CNP
Tervo, Rebecca, CNP

Hematology/Oncology

Oberhelman, Brittany, CNP

Optometry:

Borgenheimer, Christine, OD

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
Gemar, Sheila, MD
Harle, Brooke, CNP
Hoyum, Susan, MD
Kapella, Kasey, MD
Koivisto, Stephanie, CNP
McDonald, Amanda, MD
Middlestead, Nancy, 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, CNP
Hanson, Sandra, MD
Lucarelli, Joseph, MD
Milkovich, Melissa, CNP
Skaja, Joseph, MD
Smith, Wendell, MD
Williams, Michael, DO

Internal Medicine Providers:

Bastianelli, Anthony, DO
Hoppe, Theodore, DO

Midwifery:

Etter, Robin, CNM

OB/GYN Providers:

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

Oncology Providers:

Pettinelli, Kimberly, CNP
Provatas, Anastas, MD

Orthopaedic Providers:

Hise, Leo, MD
Lockard, Caitlin, PA

Pediatric Providers:

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

Primary Care Clinics St. Louis County

Hibbing Family Medical Clinic

1120 E 24th 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

Podiatry:

Helland, Stacey, DPM

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

Harle, Brooke, CNP

Hoyum, Susan, MD

Koivisto, Stephanie, CNP

St. George, Teresa, MD

Tervo, Rebecca, CNP

Behavioral Health/Outpatient

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ITASCA COUNTY

BIGFORK

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

Areas of Service: Children Birth to 5
Specialty Areas: *Diagnostic assessments, child and family therapy*

Scenic Rivers Health Services

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

Accessible office and exam room

Providers:

Olds, Jeffrey, LICSW
Toonstra, Evan, LICSW
Weddle, Allison, CNP

Areas of Service: Child, Adolescent and Adult

Specialty Areas: *depression, anxiety and stress management, individual, family and couples counseling, trauma counseling, substance abuse counseling, medication management.*

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

Areas of Service: Child, Adolescent and Adult

Specialty Areas: *ADHD, autism spectrum disorders, depressive disorders, mood disorders, trauma disorders, schizophrenia spectrum disorders, psychotic disorders,*

disruptive, impulse-control & conduct disorders.

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

Areas of Service: Adolescent and Adult

Specialty Areas: *Specialty Areas: chemical dependency, adult, marriage and couples counseling, co-occurring disorders, anxiety, depression, personality disorders, life cycle changes, mood disorders, adjustment disorders.*

Victoria Beck, LLC

1749 SE 2nd Avenue
Grand Rapids, MN 55744
218-326-9781

Areas of Service: Individual, family and group therapy.

Specialty Areas: *adjustment disorders, mood disorders, trauma/ PTSD, personality disorders, marital and family conflicts, developmental/life stage conditions.*

Beyond Counseling, LLC

813 S. Pokegama Avenue
Grand Rapids, MN 55744
218-259-2370

Cultural Comp. Training

Accessible office

Provider:

Troumbly, Laurie, LPCC

Areas of Service: Adolescent and Adult

Specialty Areas: *adjustment disorders, life stress, co-occurring, depressive, anxiety and personality disorders, teen and family issues, suicidal thoughts and behaviors, schizophrenia type disorders, addiction issues.*

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
Zerwas, Roxanne, LICSW

Areas of Service: Children Birth to 5 and 5 through Adult

Specialty Areas: *targeted case management, family therapy, parenting skills, trauma informed therapies.*

Behavioral Health/Outpatient

Compass North Psychological Services

1200 S Pokegama Ave Suite 160
Grand Rapids, MN 55744
218-999-0051

Cultural Comp. Training

Accessible office and exam room

Providers:

Hawkinson, Valerie, LICSW

Meyer, Alexander, LICSW

Nikkel, Laura, LPCC

Olds, Jeffrey, LICSW

Schesso, Kathryn, LMFT

Areas of Service: Child, Adolescent and Adult

Specialty Areas: *ADHD, autism spectrum disorders, depressive disorders, mood disorders, trauma disorders, schizophrenia spectrum disorders, psychotic disorders, disruptive, impulse-control & conduct disorders, individual, family and couples counseling.*

Embrace Mental Health, LLC

Embrace Mental Health, LLC

10 NW 5th St. Ste. 3
Grand Rapids, MN 55744
218-297-0055

Provider:

Dafoe-Butler, Dana, LMFT

Areas of Service: Children Birth to 5, Families, Adults, Partnered Relationships

Specialty Areas: *Birth to 5 diagnostic assessments, parent/child therapy, play based therapy, expressive therapy, issues of spirituality, issues of identity, anxiety, trauma, depression, attachment concerns, foster care and adoption, disruptive behaviors, emotional stress.*

J. Hill Psychological Services

201 NW 4th Street Suite 7
Grand Rapids, MN 55744
218-999-7552

Accessible office

Providers:

Hill, Janine, LMFT

Areas of Service: Adolescent 14 and over, Adult

Specialty Areas: *depressive disorders, mood disorders, trauma disorders, schizophrenia spectrum disorders, psychotic disorders, disruptive, impulse-control & conduct disorders, individual, family and couples counseling.*

Lakeview Behavioral Health

516 S. Pokegama Ave
Grand Rapids, MN 55744
218-327-2001

Accessible office and exam room

Providers:

Brusacoram, Melissa, CNP

Del Rosario, Rhea, CNP

Franzen, John, CNP

Johnson, Thomas, CNP

O'Bryant, Patricia, LPCC

Riggs, Lisa, CNP

Rounsville, Linda, LICSW

Areas of Service: Child, Adolescent and Adult

Specialty Areas: *Substance use assessments, medication therapy and counseling, treatment planning, medication-assisted treatment, psychological testing, PTSD, ADHD, anxiety disorders, depression, mood disorders, memory loss, OCD, psychotic disorders, psychiatric consultations, medication management, telepsychiatry, genetic testing.*

Linnihan, Mary, LP

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

Areas of Service: Adult

Specialty Areas: *trauma and abuse, early childhood, domestic violence, sexual abuse, PTSD, dissociative disorders, mood, depression and anxiety disorders, panic disorders, attachment disorders, family of origin*

Meyer, Lois, LMFT

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

Areas of Service: Adult, Families, Couples

Areas of Service: *abuse, assault and trauma, adjustment disorder treatment, anger management, anxiety disorder, attention deficit disorder treatment, chronic mental illness, codependency, conduct disruptive disorders, depressive disorder treatment.*

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

Leutschaft, Shelley, LP

Rengo, Kari, CNP

Roth, Shosty, PA

Zimmerman-Deschepper, Tracy, CNP

Behavioral Health/Outpatient

Areas of Service: Child, Adolescent and Adult

Specialty Areas: medication management, individual and family therapy, anxiety disorders, conflict resolution, school behaviors, family change, crisis assistance, autism spectrum disorders, physical/emotional/sexual abuse, OCD, ADHD, Bipolar disorder, LGBTQ issues, depression

New Beginnings Counseling
104 NE 3rd Street, Suite 200H
Grand Rapids MN 55744
218-999-7081

Provider:

Heitzman, Jean, LICSW
Fix, Marla, LICSW
Meyer, Kayla, LPCC
Shimek, Mandi, LPCC

Areas of Service: Children 12 and up and Adults

Specialty Areas: abuse, trauma, addictions, adjustment, anxiety, bipolar, disruptive, personality and depressive disorders, critical incident stress debriefing, relationships, adolescents, serious and persistent mental illness and disorders of emotional dysregulation.

North Homes, Inc

1880 River Road
Grand Rapids, MN 55744
218-327-3000

*Cultural Comp. Training
Accessible office and exam rooms*

Providers:

Bougalis, Rachel, LPCC
Corradi, Lisa, LICSW
DelGreco, Rochelle, LICSW
Faver, Richard, LP
Kliwer, Jennifer, LICSW
Kujawa, Lindsay, PhD, LP
Mallum, Amy, LICSW
Rubesh, Kathleen, LICSW
Schackman, Cynthia, CNP
Sheppard, Jennifer, LICSW
Stitt, Marissa, LPCC

Areas of Service: Child, Adolescent, Adult

Specialty Areas: Children's therapeutic services, targeted case management, assessments and counseling, school-based programs, adult rehabilitative mental health services (ARMHS)

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
Kefalas, Thomas, MD
Litchke, Tabbatha, LPCC
Maxwell, Laura, LICSW
Navratil, Brian, LMFT
Nelson, Bradley, LP
Nelson, Dannielle, CNP
Pellerito, Angela, CNP
Pereira, Ana, LMFT
Sundquist-Castle, Sara, LPCC
Wallaker, Brea, LICSW
White, John, LMFT
Worrath, Brandi, LPCC

Areas of Service: Child, Adolescent and Adult

Specialty Areas: crisis stabilization services, abuse, assault and trauma, adjustment disorder treatment, anger management, anxiety disorder, chemical dependency, chronic mental illness, codependency, depressive disorder treatment.

Pamela Johnson, LP

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

Areas of Service: Adult, Adolescent, Child

Specialty Areas: marriage, family, child and individual counseling.

Restoration Counseling & Psychological Services

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

Providers:

Rhodes, Heather, LP

Areas of Service: Adult

Specialty Areas: anxiety disorders, depressive disorders, codependency, faith-based counseling.

Speak Easy, LLC

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

Provider:

Weidendorf, Melissa, LPCC

Areas of Service: Children 12 and up and Adults

Specialty Areas: trauma and stressor related disorders

Stapleton Psychological Services

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

Providers:

Stapleton, Kenneth, LP

Areas of Service: adolescent, adult and family.

Specialty Areas: family therapy, marriage and couples counseling.

Behavioral Health/Outpatient

Stenlund Psychological Services

201 NW 4th St, Ste. M & N
Grand Rapids, MN 55744
218-327-8937

Provider:

Stenlund, Bryan, LP

Areas of Service: Child, adolescent and adult.

Specialty Areas: chemical dependency, parenting skills, ADHD, marriage counseling, psychological assessments, chronic mental illness, domestic abuse/violence, divorce, developmental disabilities, anger management, stress management.

Stepping Stones Child & Family Services

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

Provider:

Chandler, Kelly, CNP

Areas of Service: Children and families.

Specialty Areas: crisis intervention and stabilization, behavioral disorders.

Thomas Counseling & Wellness Center, LLC

421 NE 9th Ave.
Grand Rapids, MN 55744
218-360-5503

Providers:

Thomas, Cindy Lee, LICSW
Rinne, Michelle, LP

Areas of Service: Adult, Adolescent, Child

Specialty Areas: Depression, PTSD, anxiety, adjustment, bipolar/manic depressive, trauma, dissociative disorder, conduct/disruptive disorder, anger management, developmental disorders.

Well, PLLC

801 4th Street
Grand Rapids, MN 55744
218-999-9660

Providers:

Christian, James, LMFT

Flood, Lauren, LMFT
Scally, Linh, LICSW

Areas of Service: Adult, Adolescent, Adult, Family

Specialty Areas: adjustment disorders, couples counseling, family counseling, depressive disorders, anxiety, grief and loss, life transitions, anger management, relational issues, Co-dependency, chemical dependency, self-advocacy, emotional regulation.

NASHWAUK

Northern Perspectives Psychological Services

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

Providers:

Othon, Victoria, LP
Vitelli, Joann, LP
Winterfeldt, Melanie, LICSW

Areas of Service: Adult, Adolescent, Child

Specialty Areas: abuse, domestic violence, trauma/PTSC, mood disorders, anxiety, phobias and panic attacks, grief/loss, anger, chronic pain, adjustment/life transitions, obsessions and compulsions, body image dissatisfaction, eating disorders, low self-esteem,

emotional/behavioral dysregulation, marital and interpersonal problems, personality disorders.

NORTHOME

Scenic Rivers Health Services

Accessible office and exam room
12052 Main Street
Northome, MN 56661
218-897-5222

Providers:

Olds, Jeffrey, LICSW
Toonstra, Evan, LICSW
Weddle, Allison, CNP

Areas of Service: Child, Adolescent and Adult

Specialty Areas: depression, anxiety and stress management, individual, family and couples counseling, trauma counseling, substance abuse counseling, medication management.

Behavioral Health/Outpatient

ST. LOUIS COUNTY

COOK

Scenic Rivers Health Services

20 5th Street SE

Cook, MN 55723

218-666-5941

Accessible office and exam room

Providers:

Colwell, Charlene, LICSW

Olds, Jeffrey, LICSW

Toonstra, Evan, LICSW

Williams, Celine, LICSW

Areas of Service: Child, Adolescent and Adult

Specialty Areas: depression, anxiety and stress management, individual, family and couples counseling, trauma counseling, substance abuse counseling, medication management.

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

Areas of Service: Adult, Adolescent, Child

Specialty Areas: stress, anxiety, depression, emotional dysregulation, mood disorders, grief and trauma, midlife/menopause, life issues.

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

Areas of Service: Adult, Adolescent and Child

Specialty Areas: mental health conditions, trauma and attachment issues, depressive disorders, behavioral problems, phase of life issues, trauma, divorce, abuse, ADHD

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

Granberg, Nicole, CNP

Johnson, Jessica, CNP

Knaeble-Weiss, Raini, LPCC

Larson, Janet, CNP

Overlee, Debra, LICSW

Patterson, April, NP

Silverstri-Adamich, Lisa, LICSW

Simensen, Lauren, LICSW

White, Chandra, CNP

Woelpern, Angela, CNP

Areas of Service: Adult, Adolescent, Child

Specialty Areas: work related issues and stress, depression, anxiety or acute social anxiety, chronic depression or anxiety, behavioral health disorders, insomnia, chronic medical conditions.

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

Prewett, Beth, LPCC

Areas of Service: Adult, Adolescent, Child

Specialty Areas: diagnostic assessment, individual, couples and family therapy, depression, anxiety, grief and loss, trauma, behavioral problems,

attachment disorders, relationship issues, crisis counseling.

Kind Mind Counseling

3105 E Beltline Hwy., Ste. 16

Hibbing, MN 55746

218-969-4286

218-263-5949

Accessible office

Providers:

Jotter, Marmie, LICSW

Areas of Service: Families, teens and children ages 7 and up.

Specialty Areas: trauma, behavior patterns, depression, anxiety, grief/loss, crisis counseling, major life changes, spiritual crises and chronic pain/health conditions.

Lakeview Behavioral Health

2729 E 13th Ave.

Hibbing, MN 55746

218-293-4789

Cultural Comp. Training

Accessible office

Providers:

Johnson, Tom, CNP

Riggs, Lisa, CNP

Areas of Service: Child, Adolescent and Adult

Behavioral Health/Outpatient

Specialty Areas: Substance use assessments, medication therapy and counseling, treatment planning, medication-assisted treatment, psychological testing, PTSD, ADHD, anxiety disorders, depression, mood disorders, memory loss, OCD, psychotic disorders, psychiatric consultations, medication management, telepsychiatry, genetic testing.

Whistling Pines Counseling, PLLC

2121 2nd Avenue E.
Hibbing, MN 55746
218-263-3745
Cultural Comp. Training
Accessible office

Providers:
Englund, Stacy, LICSW

Specialty Areas: PTSD, anxiety disorders, depression, mood disorders.

Range Mental Health Center

3203 West 3rd Ave.
Hibbing, MN 55746
218-263-9237
888-344-9237
Cultural Comp. Training
Accessible office and exam room

Providers:
Dale, Duane, LICSW
Chukwura, Damaris, CNP
Southers, Joyce, CNP
Tomberlin, Lori, LPCC
Zupancich, Brooke, LPCC

Areas of Service: Adult,
Adolescent, Child

Specialty Areas: mood and anxiety disorders, schizophrenia, ADHD, depression, anger, marriage and family therapy, psychological assessments; learning problems, social fears.

Renew Health Services, LLC

2932 1st Avenue
Hibbing MN 55746
218-440-2068
Cultural Comp. Training
Accessible Office

Provider:
Lundquist, Jessica, LPCC
Areas of Service: Adult,
Adolescent, Child, Family

Specialty Areas: PTSD, anxiety disorders, depression, mood disorders.

Behavioral Health/Inpatient

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ITASCA COUNTY

North Homes, Inc

*35 Day Evaluation Program,
Stabilization Unit,
Residential Treatment Facility*

1880 River Road
Grand Rapids, MN 55744
218-327-3000

*Cultural Comp. Training
Accessible office and exam rooms*

ST. LOUIS COUNTY

University Medical Center Mesabi

Stabilization Unit

750 East 34th St
Hibbing MN 55746
218-262-4881
*Cultural Comp. Training
Accessible office, exam room
and equipment*

Substance Use Disorder

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ITASCA COUNTY

GRAND RAPIDS

Hope House

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

Types of Services: *Men's residential treatment, relapse prevention, co-dependency, parenting, wellness, 12 step, living skills, family recovery, spirituality, therapeutic recreation.*

Lakeplace Retreat Center

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

Types of Services: *High intensity comprehensive outpatient chemical dependency care for men and women, lodging, group and individualized counseling sessions.*

North Homes, Inc

1880 River Road
Grand Rapids, MN 55744
218-327-3000
Cultural Comp. Training
Accessible office

Types of Services: *Rule 25 assessments for youth and adults, outpatient chemical dependency treatment, family sessions, youth chemical health education.*

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

Types of Services: *Women's residential treatment, relapse prevention, co-dependency, parenting, wellness, 12 step, living skills, family recovery, spirituality, therapeutic recreation.*

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
Krebsbach, Janice, LICSW
Kresien, Timothy, LICSW

Chiropractors

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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

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

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

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General Dentists

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

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

Buchert, Spencer, 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:

Kuehn, Andrew, 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

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

Eye Care

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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 5th 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 1st Ave

Grand Rapids MN 55744

218-326-0358

Accessible office and exam room

Optometrist:

Schlauderaff, Larry, OD

Eye Q Optometric Clinic

201 NW 4th 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

218-327-0070

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:

Young, Michael, OD

HIBBING

Essentia Health Hibbing

730 East 34th St

Hibbing, MN 55746

218-262-3425

Accessible office and exam room

Optometrists:

Borgenheimer, Christine, OD

Home & Community Bases Services

The following providers, Home & Community Based Service Providers, are not listed in this directory but you can ask for more information 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.**

IMCare uses the DHS Open Network for some Home & Community Based Service Providers. For a list of Elderly Waiver services and providers available for Tier 1 Services and Tier 2 Services, go to the Minnesota Help Info website at <http://www.minnesotahelp.info/public/>.

Home Care Agencies & PCA's

The following providers, Home Care Agencies & PCAs, are not listed in this directory but you can ask for more information 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.**

IMCare uses the DHS Open Network for some Home Care Agencies & PCAs. For a list of Elderly Waiver services and providers available for Tier 1 Services and Tier 2 Services, go to the Minnesota Help Info website at <http://www.minnesotahelp.info/public/>.

Pharmacies

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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

DEER RIVER

Essentia Health Deer River Clinic
115 10th Avenue NE
Deer River, MN 56636
218-246-8642

Essentia Health Deer River Pharmacy
2 Division Street
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

Thrifty White Pharmacy #788
2410 S Pokegama Ave Grand
Rapids, MN 55744 218-326-
7054
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

ST. LOUIS COUNTY

HIBBING

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

Walgreens Pharmacy
1130 E 37th Street
Hibbing, MN 55746
218-262-1358
www.walgreens.com

Walmart Pharmacy
12080 Highway 169 W
Hibbing, MN 55746
218-262-3419

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

Hospitals

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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 10th 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 34th 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

The Emeralds

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. 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

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

520 NW 1st Ave, Ste 5
Grand Rapids, MN 55744
218-327-7973

Accessible office

Providers:

Margo, Daniel, MD
Church, Carol, CNS

PODIATRY

GRAND RAPIDS

Renew Foot & Ankle, LLC

Accessible Office

1542 Golf Course Road #201
Grand Rapids, MN 55744
218-322-6085

Provider:

Gilbertson, Eric, DPM

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 health: 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

Address
IMCare
1219 SE 2nd 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