

**HEALTH RESOURCES SERVING DIVERSE COMMUNITIES**  
**Ramsey County**

Health Care Provider	Hours	Eligibility Requirements	Interpreter Services	Services Offered
<b>Advanced Medical Clinic</b> 1504 White Bear Ave. St. Paul, MN 55106 651-771-5778	Mon. - Fri. 8:30 a.m. - 5:30 p.m.	Appropriate health plan	Hmong	Child and family services, teen check-ups, IV fluid, facial laser treatment, and family practice care. Hypertension, diabetes, and gout and weight management education for Hmong.
<b>Allina Medical Clinic – West St. Paul</b> 150 East Emerson Ave. West St. Paul, MN 55118 651-241-1800	Mon. - Thurs. 8:00 a.m. - 8:00 p.m. Fri. 8:00 a.m. - 5:00 p.m. Sat. 9:00 a.m. - 4:00p.m.	Appropriate health plan	Available upon request	Family practice, podiatry (by appointment), optical, mental health, general surgery, diabetes education.
<b>Bethesda Clinic</b> University Family Physicians 580 Rice St. St. Paul, MN 55103 651-227-6551 <a href="http://www.umphysicians.com">www.umphysicians.com</a>	Mon. - Fri. 8:00 a.m. - 5:00 p.m.	Appropriate health plan	Hmong, others by appointment	Family practice.  <b><u>Culturally Specific Services:</u></b> Hmong diabetes education.
<b>Bobby K. Yang Medical Clinic</b> 1047 University Ave. W. #101 St. Paul, MN 55104 651-646-5452	Mon. - Fri. 8:30 a.m. - 5:30 p.m. Sat. 8:30 a.m. - 12:30 p.m.	None	Hmong	Hmong and English speaking staff.
<b>Children’s Hospitals and Clinics- St. Paul</b> 345 North Smith Ave. St. Paul, MN 55102 651-220-6000 (nurse) <a href="http://www.childrenshc.org">www.childrenshc.org</a>	Mon. - Fri. 8:30 a.m. - 5:00 p.m.	None	Hmong, Laotian, Spanish, other languages by appointment	Pediatrics (plus subspecialty clinics e.g., allergy, cardiac, endocrine, renal, neurology, genetics, acute care, well care, etc.), child and family services, occupational therapy, physical therapy, speech therapy, nutrition counseling, child abuse program, oncology/hematology.
<b>East Metro Family Practice</b> 911 E. Maryland Ave. St. Paul, MN 55106 651-776-2719	Mon. - Fri. 8:30 a.m. - 6:00 p.m.	Accept most medical coverage programs and insurance plans	Hmong	Family practice, including OB, pediatrics to geriatrics.  <b><u>Culturally Specific Services:</u></b> Hmong diabetes education.
<b>East Side Family Clinic</b> 860 Arcade St. St. Paul, MN 55106 651-772-9757	Mon. - Fri. 8:00 a.m. - 5:00 p.m.	Most health plans and sliding fee for uninsured	Hmong, Spanish and other languages by request	Geriatrics, minor surgery, lab, x-ray, social services, nutrition services, diabetic education (Hmong groups), group clinics for diabetes & asthma, prenatal classes, adolescent health care, HIV testing.
<b>Face-to-Face Health &amp; Counseling</b> 1165 Arcade St. St. Paul, MN 55106 651-772-5555	Mon., Wed., Fri. 9:30 a.m. - 4:30 p.m. Tues. 9:30 a.m. - 5:30 p.m. Thurs. 9:30 a.m. - 7:30 p.m. Sat. 10:00 a.m. - 1:00 p.m.	Ages 11-23, most insurance accepted and sliding fee	Available by appointment, Hmong and Spanish bilingual staff	Family planning, prenatal care, general medical care, outreach and support, mental health counseling, mental health groups, GLBT groups.

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<b>Family Tree Clinic</b> 1619 Dayton Ave. # 205 St. Paul, MN 55104 651-645-0478	Mon., Wed. 8:30 a.m. - 8:30 p.m. Tues., Thurs. 8:30 a.m. - 5:00 p.m.	None	All languages available, however, appointment must be scheduled in advance. Interpreters are NOT on-site and must be scheduled	Family planning, gynecology, sexually transmitted infection testing, colposcopy screenings, pregnancy testing. Free outreach and education to community, and special services for deaf.
<b>Health Start School-Based Clinics</b> 491 University Ave. W. St. Paul, MN 55103 651-312-1995  Located at St. Paul Public High Schools and Alternative Programs including:  - AGAPE            - Como Park - Alternative Learning   - Guadalupe (GAP) - Arlington       - Harding - Center Clinic   - Highland Park - Central         - Humboldt - Johnson	Mon. - Fri. 8:30 a.m. - 4:00 p.m.	Adolescents living in or attending a high school/ alternative school in Ramsey, Dakota or Washington County	Interpreters available upon request  Spanish speaking midwife	A program of WestSide Community Health Services, offers primary care, adolescent health care, prenatal care, family planning, social services, nutrition, health education, mental health.  <u><b>Culturally Specific Services:</b></u> Prenatal classes in Spanish; diabetes education in Hmong and Spanish through WestSide Community Health Services (Health Start's parent organization).  Other criteria: Students currently receiving services at school-based health centers, adolescents 7 <sup>th</sup> grade through their 22 <sup>nd</sup> birthday, prenatal patients who meet income guidelines. Women who have previously delivered with well woman care. Any woman requesting a pregnancy test (prefer by appt. but will do walk in when a nurse practitioner is available).
<b>Health Care for the Homeless</b> Mary Hall 438 Main St. St. Paul, MN 55102 651-290-6814	Mon. - Fri. 9:00 a.m. - 5:00 p.m. <i>Walk in only</i>	For homeless	Spanish	Primary and urgent care.
<b>HealthEast Clinics</b> <a href="http://www.healtheast.org">www.healtheast.org</a>  <b>HealthEast – Cottage Grove</b> 6936 Pine Arbor Drive S. Cottage Grove, MN 55016 651-326-5800  <b>HealthEast - Macalester/Groveland Clinic</b> 45 North Snelling Ave. St. Paul, MN 55104 651-326-5650	Mon. - Fri. 8:30 a.m. - 5:00 p.m.        Mon. - Fri. 8:00 a.m. - 5:00 p.m.	None        None	All by appointment        All by appointment	Family medicine, including OB and podiatry.        Family care for all ages, nurse midwives for OB/GYN care.

Health Care Provider	Hours	Eligibility Requirements	Interpreter Services	Services Offered
<b>HealthEast Clinics</b> (continued from previous page)				
<b>HealthEast - Maplewood Clinic</b> 3100 Kennard St., Ste. 100 Maplewood, MN 55109 651-232-7800	Mon. - Fri. 8:30 a.m. - 5:00 p.m.	None	All by appointment	General adult care, internal medicine and pediatric care <b>Culturally Specific Services:</b> One doctor who is Vietnamese in internal medicine (bilingual).
<b>HealthEast - Midway Clinic</b> 1690 University Ave. W. # 570 St. Paul, MN 55104 651-232-4800	Mon. - Fri. 8:00 a.m. - 5:00 p.m.	None	All by appointment	General adult care and geriatrics.
<b>HealthEast - Oakdale Clinic</b> 1099 Helmo Ave. N., Ste. 100 Oakdale, MN 55128 651-326-5300	Mon. - Fri. 7:00 a.m. - 5:00 p.m.	None	All by appointment	Family practice including OB care.
<b>HealthEast - Rice Street Clinic</b> 980 Rice St. St. Paul, MN 55117 651-326-9020	Mon. - Fri. 8:00 a.m. - 5:00 p.m.	None	All by appointment	General family care for all ages. Very diverse patient population (many Hmong patients), OB/GYN.
<b>HealthEast – Roselawn Clinic</b> 1983 Sloan Place, Suite #1 St. Paul, MN 55117 651-326-5700	Mon. - Fri. 8:00 a.m. - 5:00 p.m.  After hours walk-ins: Mon. - Fri. 5:00 p.m. - 9:00 p.m. Weekends/hol. 10 a.m. - 4 p.m.	None	All by appointment	General family for all ages, including OB care, certified nurse midwives available for OB care and routine GYN care. Very diverse patient population.
<b>HealthEast - Downtown St. Paul Clinic</b> 17 West Exchange # 835 St. Paul, MN 55102 651-232-4200	Mon. - Fri. 8:00 a.m. - 5:00 p.m.	None	All by appointment	General primary care for adults. Specializes in internal medicine, osteoporosis including DEXA scanning; heart care including stress tests.
<b>HealthEast – Salud Integral</b> 797 East 7th St. St. Paul, MN 55106 651-326-4500	Mon. - Fri. 8:00 a.m. - 5:00 p.m.	None	Bilingual Spanish staff; other languages by appointment	Family medicine, including OB care, certified nurse midwife available for OB care and routine GYN care.
<b>HealthEast - Vadnais Heights Clinic</b> 1055 Centerville Circle Vadnais Heights, MN 55127 651-326-5900	Mon. - Fri. 8:00 a.m. - 5:00 p.m.	None	All by appointment	General family care for all ages.

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<b>HealthPartners / Center for International Health</b> 451 Dunlap St. St. Paul, MN 55104 651-999-4740 <a href="http://www.healthpartners.com">www.healthpartners.com</a>	Mon. - Fri. 8:00 a.m. - 5:00 p.m.	Ages 13 and older Immigration physicals – all ages Internal medicine – ages 15 and over Accept most medical coverage programs and insurance plans	Hmong, Laotian, Cambodian, Vietnamese, Spanish, Russian, Somali, French, Oromo, Amharic, all language needs can be accommodated; many bilingual providers	Internal medicine, immigration physicals for all ages, behavioral health therapy and psychiatry, pediatrics, social services and patient education in a culturally sensitive environment with interpreters in the language of patient. Individual, group, and family therapy.  <b>Culturally Specific Services:</b> Vietnamese men’s group; prison camp survivors group; Hmong diabetes group; Hmong women’s support group; Somali women’s group.  <b>Travel Clinic:</b> Mon.-Fri. for pre- and post-travel immunizations and consultation.  <b>Tropical &amp; Travel Medicine:</b> Consultative services in tropical infectious diseases.
<b>Lo Medical Clinic</b> 2353 Rice St., Suite 210 Roseville, MN 55113 651-203-0040	Mon., Wed., Fri. 9:00 a.m. - 1:00 p.m.	None	All staff speak Hmong	Family practice, pediatrics, health education.
<b>Neighborhood House – Health Access Program</b> 179 E. Robie St. St. Paul, MN 55107 651-789-2507 <a href="http://www.neighb.org">www.neighb.org</a>	Mon. - Fri. 8:30 a.m. - 5:00 p.m. or by appointment	None	Bilingual staff (Spanish/English)	Reproductive health education through trained community health workers, non-prescription contraceptives for Spanish-speaking women.
<b>Open Cities Health Center, Inc.</b> 409 N. Dunlap St. St. Paul, MN 55104 651-290-9200  135 Manitoba Ave. St. Paul, MN 55117 651-489-8021	Mon. - Thurs. 8:00 a.m. – 8:00 p.m. Fri. 8:00 a.m. – 5:00 p.m. Sat. 10:00 a.m. – 2:00 p.m.  Mon. - Sat. 8:00 a.m. - 5:00 p.m.	Most insurance plans, sliding fee for the uninsured	Hmong; others available upon request.  Available upon request	For all ages. Full medical and dental care. Family practice, internal medicine, pediatric, ophthalmology, general surgery, podiatry, dermatology, mental health and dentistry. Pharmacy, lab services, lamaze and labor coaches, mammography, diabetic education, outreach, counseling and transportation.  Medical, dental, mental health, diabetes classes, smoking cessation.
<b>Phalen Village Clinic</b> University Family Physicians 1414 Maryland Ave. E. St. Paul, MN 55106 651-772-3461	Mon. - Fri. 8:00 a.m. - 5:00 p.m.	Accept most health plans	Hmong and Spanish, others by appointment	Family practice, pediatrics, OB, prenatal care, family therapy, mental health services available.  <b>Culturally Specific Services:</b> Hmong support group and diabetes research study.

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<p><b>Planned Parenthood of MN/SD</b> <a href="http://www.ppmsd.org">www.ppmsd.org</a></p> <p>1965 Ford Parkway St. Paul, MN 55116 651-698-2406</p> <p>1700-L Rice St. St. Paul, MN 55113 651-489-1328</p>	<p>Mon. - Fri. 9:00 a.m. - 5:00 p.m. Sat. 8:30 a.m. - 1:00 p.m. (2X month)</p> <p>Mon., Wed. 12:30 p.m.-7:00 p.m. Tues. CLOSED Thurs. 8:00 a.m. - 1:00 p.m. Fri. 9:00 a.m. - 5:00 p.m. 1<sup>st</sup> &amp; 3<sup>rd</sup> Sat. of the month 9:00 a.m. - 1:00 p.m.</p>	<p>None</p> <p>None</p>	<p>By appointment only</p> <p>By appointment only</p>	<p>Family planning, birth control, STI testing and treatment, HIV testing, first trimester abortion, vasectomy.</p> <p>Family planning, birth control, pregnancy testing, HIV testing, STI testing and treatment.</p>
<p><b>Angelito C. Ramos, MD</b> 1345 Thompson Ave. So. St. Paul, MN 55075 651-451-2711</p>	<p>Mon., Tues., Thurs., Fri. 9:00 a.m. - 5:00 p.m. Wed. 9:00 a.m. – Noon</p>	<p>Most insurance accepted</p>	<p>Hmong and Spanish</p>	<p>Pediatrics, adult medicine, refugee physicals and immunizations.</p>
<p><b>St. Mary's Health Clinics</b> Scheduling: 651-690-7029 <a href="http://www.stmaryshealthclinics.org">www.stmaryshealthclinics.org</a></p> <p><i>Various locations throughout the Twin Cities metro area including:</i></p> <ul style="list-style-type: none"> <li>- Minneapolis        - Maplewood</li> <li>- St. Paul            - Minnetonka</li> <li>- Apple Valley      - Plymouth</li> <li>- Chanhassen      - Shakopee</li> <li>- Brooklyn Park    - Spring Lake Pk.</li> <li>- Maple Grove      - Wayzata</li> </ul>	<p>Designated days each site. Mon. - Thurs. 8:30 a.m.-3:30 p.m. Fri. 8:30 a.m. - 12:30 p.m.</p> <p><b>Call scheduling number for information</b></p>	<p>Must be uninsured and within income guidelines</p> <p>Call scheduling number for telephone eligibility screening</p>	<p>Patients must arrange their own interpreters, but Spanish interpreters are available</p>	<p>Basic primary care, specialty referrals, most medications and some hospital services at no expense to patient.</p> <p>Latino health education and outreach in identified Minneapolis and St. Paul parishes.</p>
<p><b>St. Paul Family Medical Center</b> Phua Xiong, M.D. 1239 Payne Ave. St. Paul, MN 55101 651-209-8350</p>	<p>Mon. - Fri. 9:00 a.m. - 5:00 p.m.</p>	<p>MA, most insurance accepted</p>	<p>Bilingual Hmong staff</p>	<p>Family practice.</p>
<p><b>St. Paul-Ramsey County Department of Public Health Refugee &amp; Immigrant Health Program</b> 555 Cedar St. St. Paul, MN 55101 651-266-1244 <a href="http://www.co.ramsey.mn.us">www.co.ramsey.mn.us</a></p>	<p>Mon. - Fri. 8:00 a.m. - 4:30 p.m.</p> <p>Call to verify clinic hours</p>	<p>Refugees living in Ramsey County. Immigrants living in or outside of Ramsey County.</p>	<p>AT&amp;T language line and staff available who speak Amharic, Burmese (Karen), Oromo, Hmong and Somali</p>	<p>Refugee screening, I-693 medical exam and vaccine, completion of supplement to I-693 form. Other services include: immunization clinic and travel clinic.</p>

Health Care Provider	Hours	Eligibility Requirements	Interpreter Services	Services Offered
<b>United Family Practice Center</b> 545 West Seventh St. St. Paul, MN 55102 651-241-1000	Mon., Fri. 8:30 a.m. - 5:00 p.m. Tues., Wed., Thurs. 8:30 a.m. - 8:00 p.m.	None	All languages, including ASL	Family practice and OB/GYN.
<b>Wakota Life Care Center</b> 1140 S. Robert St. West St. Paul, MN 651-457-1195	Call to verify clinic hours	Call to verify eligibility requirements	Call to verify interpreter services	Fee pregnancy testing and counseling, free pregnancy verification for MA, social services for pregnant women through a "client advocate." Low cost immunizations, STI testing, child care, school physicals, other non-emergency health care services.
<b>West Side Community Health Services</b>  <b>West Side Community Health Center / La Clinica</b> 153 Cesar Chavez Rd. St. Paul, MN 55107 651-222-1816  <b>McDonough Homes Clinic</b> 1544 Timberlake Rd., #225 St. Paul, MN 55117 651-558-2191  <u>Homeless are welcome at both locations</u>	<i>By appointment</i> Mon., Tues., Fri. 8:00 a.m. – 5:00 p.m. Wed., Thurs. 8:00 a.m. – 8:00 p.m. Sat. 8:00 a.m. – Noon  Mon., Tues., Thurs., Fri. 8:00 a.m. – 4:30 p.m. Wed. 9:00 a.m. - 5:30 p.m.	Most insurance plans, MA, and/or sliding fee scale  Most insurance plans, MA, and/or sliding fee scale	Hmong, Spanish, bilingual staff; other languages can be arranged  Hmong, other languages can be arranged	Primary care, obstetrics, pediatrics/well child care, immunizations, adolescent health care, family planning, pregnancy testing, prenatal care, HIV care, nutrition counseling, dentist, full lab and x-ray, mental health.  <u>Culturally Specific Services:</u> Diabetic education tailored to Hispanic populations.  Primary care, mental health, OB/GYN, diabetes clinic, health education, outreach, nutrition.  <u>Culturally Specific Services:</u> Hmong women's groups and diabetes groups.
<b>Xoua Thao Medical Center</b> 796 E. 7 <sup>th</sup> St. St. Paul, MN 55106 651-774-0347	Mon. - Fri. 9:00 a.m. - 5:00 p.m.	MA, most other insurance accepted	Bilingual Hmong staff	Family practice.
<b><u>Home Care</u></b>				
<b>Equity Services of St. Paul</b> 197 W. Geranium Ave. St. Paul, MN 55117 651-489-4656 <a href="http://www.equityhomecare.org">www.equityhomecare.org</a>	7:00 a.m.- 4:30 p.m.	MA, Medicare, most managed health plans	Hmong, Cambodian, Spanish, Russian, others available upon request	Home health care, RN, LPN, Health Aide, PCA, PT, OT, SW.  <u>Culturally Specific Services:</u> Hmong diabetic teaching.
<b>My Home Health Care, Inc.</b> 569 Dale St. N, Ste. 100 St. Paul, MN 55104 651-488-3126	Mon. - Fri. 9:00 a.m. – 6:00 p.m. or per request	MA, and most other insurances	Bilingual staff in Cambodian, Hmong, Lao, Vietnamese, and Thai, others available upon request	PCA services, home maker services, chores, family counseling and training, physician services, private duty nursing (regular and extended), nutrition services, caregiver training, diabetic teaching (1:1 or group teaching), RN/SNV.

Health Care Provider	Hours	Eligibility Requirements	Interpreter Services	Services Offered
<b>People Inc. Home Health Agency</b> 317 York Ave. St. Paul, MN 55101 651-774-0202 <a href="http://www.peopleincorporated.org">www.peopleincorporated.org</a>	Mon. - Fri. 8:00 a.m. - 5:00 p.m.	Appropriate health plan or waiver, private pay available	Hmong, sign language, other languages by appointment	Skilled nursing visits, home health aid, services for clients with mental illness.
<b>Southeast Asian Health Care Services</b> 421 N. Dale St., Suite B St. Paul, MN 55103 651-222-2889	Mon. - Fri. 8:00 a.m. – 5:00 p.m.	Must have medical necessity and MA	Cambodian, Chinese, Hmong, Lao, Vietnamese	Personal care assistance, RN supervision, and helping families plan for their care needs.
<b><u>Dental Care</u></b>				
<b>Century Technical College</b> 3300 Century Ave. N. White Bear Lake, MN 55110 651-779-5787	Call for hours and appointments; some evening hours available	None, discounted flat fee for service	Call to inquire	Dental exams, x-rays, cleaning, oral cancer screening and sealants.
<b>Community Dental Care</b> 828 Hawthorne Ave. St. Paul, MN 55106 651-774-2959 (Mon. - Thurs.)  1670 Beam Avenue Maplewood, MN 55109 651-925-8400	Mon. - Thurs. 8:15 a.m. - 5:00 p.m. Fri., Sat. 8:15 a.m. – 1:00 p.m.  Mon. – Fri. 7:30 am – 9:30 pm	Self pay, MA, and most other insurance plans	Hmong (many bilingual staff)	General dentistry for all ages.
<b>Lor Dental Clinic</b> 491 University Ave., Ste. A St. Paul, MN 55103 651-489-3681	Mon. - Fri. 9:00 a.m. - 6:00 p.m.	Self pay, MA, and most insurance plans	Laotian, Hmong, English	Comprehensive dental services, orthodontic and implants.
<b>Open Cities Health Center, Inc.</b> 135 Manitoba Ave. St. Paul, MN 55117 651-489-8021  409 N. Dunlap St. St. Paul, MN 55104 651-290-9200	Mon. - Sat. 8:00 a.m. - 5:00 p.m.  Mon. - Thurs. 8:00 a.m. – 8:00 p.m. Fri. 8:00 a.m. – 5:00 p.m. Sat. 10:00 a.m. – 2:00 p.m.	Most insurance plans, sliding fee for the Most insurance plans	Available upon request  Hmong; others available upon request.	Dental care. (See under medical listings for other services.)  For all ages. Full dental care. (See under medical listings for other services.)
<b>Union Gospel Mission Dental Clinic</b> 435 University Ave. E St. Paul, MN 55130 651-292-1721	Call for hours and appointments	Must have no insurance & unable to afford payments elsewhere	Spanish	Adult emergency clinic: Extractions, root canals, fillings  Children’s clinic: All services

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<p><b>West Side Dental Clinics</b></p> <p><b>Helping Hand Dental Clinic</b> 506 West Seventh St. St. Paul, MN 55102 651-224-7561</p> <p><b>West Side Dental Clinic</b> 478 S. Robert St. St. Paul, MN 55107 651-602-7575</p>	<p>Mon., Tues., Wed. 7:30 a.m. - 5:00 p.m. Thurs., Fri. 8:30 a.m. – 5:00 p.m. URGENT CARE: Wed. only Appointments must be made day before at 3:00 p.m.</p> <p>Mon. - Fri. 8:00 a.m. - 5:00 p.m. URGENT CARE: Mon., Fri. only Appointments must be made day before at 3:00 p.m.</p>	<p>Sliding fee scale and most insurance plans</p> <p>Sliding fee scale and most insurance plans</p>	<p>Spanish</p> <p>Spanish</p>	<p>General dental practice, all ages.</p> <p>General dental practice, all ages.</p>

### Other Resources

**United Way 2-1-1** (formerly *First Call for Help*): Free, confidential multilingual information on services, such as food shelves, clothing outlets and transportation, available in Anoka, Carver, Dakota, Hennepin, Ramsey, Scott and Washington and other counties. Assistance available in Hmong, Laotian, Russian, Somali, Spanish and Vietnamese. Call 211.

**Medical Assistance:** To apply for medical assistance in Ramsey County call 651-266-4444.

**Alternative Health Care Plans:** If not eligible for other health insurance or Medical Assistance:

- **Minnesota Care:** In the metro area call 651-297-3862 to enroll. In Greater Minnesota, call 800-657-3672.
- **Neighborhood HealthCare Network:** Call 651-489-2273 for participating clinics who offer sliding scale.
- **PORTICO HealthNet:** For residents of Ramsey, Dakota and Washington counties who do not have insurance, call 651-603-5100 Portico provides assistance in finding a health care program such as MinnesotaCare, MA, or GAMC. Also provides its own health access program for people without health insurance (not eligible for the above programs) including primary, preventive care, some specialty care, eye exams, eyeglasses and prescriptions. Spanish- and Hmong- speaking staff available; interpreters provided for other languages.