

Medical Clinics

Essentia Health

EssentiaHealth.org

Detroit Lakes 218-844-2300

1027 Washington Ave

Hours: Mon-Fri 8:00am - 5:00pm

Fargo

1702 University Dr S 701-364-8900

Hours: Mon-Fri 8:00am – 5:15pm

3902 13th Ave S 701-364-6600

Hours: Mon-Fri 8:00am - 5:00pm

4110 51st Ave S 701-364-3100

Hours: Mon 8:00am – 8:00pm

Tues-Fri 8:00am - 5:00pm

4476 31st Ave S 701-364-8900

Hours: Mon-Fri 8:00am - 5:00pm

4622 40th Ave S 701-364-8900

Hours: Mon-Fri 8:00am - 5:00pm

1100 19th Ave N 701-354-5757

Hours: Mon-Fri 8:00am – 4:30pm

Frazeo 218-334-7255

300 Main Ave E

Hours: Mon-Fri 8:00am – 4:30pm

Lake Park 218-238-5901

1005 1st St

Hours: Tues 8:30am-12:00pm

Wed & Thurs 8:30am - 4:30pm

Menahga 218-564-4131

212 Aspen Ave NE

Hours: Mon-Fri 8:00am – 4:30pm

Moorhead 701-364-6800

801 Belsly Blvd

Hours: Mon-Fri 8:00am - 5:00pm

Pelican Rapids 218-863-2000

301 N Broadway

Hours: Mon-Fri 8:00am - 5:00pm

West Fargo

1401 13th Ave E 701-364-5751

Hours: Mon-Fri 8:00am - 5:00pm

3150 Sheyenne St 701-364-8900

Hours: Mon-Fri 8:00am - 5:00pm

Liberty Health

LibertyHealthDL.com

Detroit Lakes 218-396-6500

1361 Wenner Road

Hours: Mon-Fri 8:00am – 5:00pm

Sanford Health

SanfordHealth.org

Detroit Lakes 218-846-2000

1245 Washington Ave

Hours: Mon-Thurs 8:00am - 6:00pm

Fri: 8:00am – 5:00pm

Sat: 8:30am – 12:00pm

Fargo 701-234-2000

737 Broadway N

Hours: Mon-Fri 8:00am - 5:00pm

2601 Broadway N

Hours: Mon-Fri 8:00am - 5:00pm

2400 32nd Ave S

Hours: Mon-Fri 8:00am - 5:00pm

2701 13th Ave S

Hours: Mon-Fri 7:30am – 7:30pm

Sat & Sun: 8:00am – 5:00pm

3955 56th St S

Hours: Mon-Fri 8:00am - 5:00pm

Hawley 218-483-3564

1412 Main St

Hours: Mon-Fri 8:00am - 4:30pm

Horace 701-417-7231

7951 Jacks Way Suite 128

Hours: Mon-Fri 8:00am – 5:00pm

Moorhead 701-234-3200

4000 28th Ave S

Hours: Mon-Fri 8:00am - 5:00pm

Pelican Rapids 218-863-6100

211 E Mill St

Hours: Mon-Fri 8:00am - 5:00pm

Ulen 218-596-8867

108 Viking Ave W

Hours: Mon & Thurs 8:30am - 4:30pm

West Fargo 701-234-2000

1220 Sheyenne St

Hours: Mon-Fri 8:00am - 5:00pm

Community Health Services

CHSIClinics.org

Moorhead 218-236-6502

Toll free **1-800-842-8693**

2310 4th Ave N

Hours: Mon, Wed: 8:00am-6:30pm

Tues & Thurs: 8:00am-4:30pm

Fri: 8:00am-12:00pm

Child and Teen Checkups



Questions?

We are here to help!

Becker County 218-847-5628

Clay County 218-329-4758

Family HealthCare

FamHealthCare.org

Fargo 701-271-3344

301 NP Ave

Hours: Mon-Fri 7:30am - 5:00pm

4025 9th Ave. S

Hours: Mon-Fri 7:30am-5:00pm

222 4th St N

Homeless Health Services

Hours: Mon-Fri 8:00am - 12:00pm

Moorhead 701-271-3344

2800 27th Ave S

School-Based Health Clinic

Hours: Mon-Fri 8:30am – 4:00pm

Lake Region Healthcare

LRHC.org

Barnesville 218-354-2111

209 2nd St SE

Hours: Mon-Fri 8:00am – 5:00pm

Fergus Falls 218-739-2221

111 W Vernon Ave

Hours: Mon-Fri 7:00am - 5:00pm

Medallus Medical

MedallusMedicalND.com

Fargo 701-248-1123

2701 Uptown Way S

Hours: Mon-Fri 9:00am – 6:00pm

Sat, Sun 10:00am – 4:00pm

Perham Health

PerhamHealth.org

Perham 218-347-1200

1000 Coney St W

Hours: Mon-Fri 8:00am - 5:00pm

Sat: 9:00am – 12:00pm

This information is provided by your local Public Health Department:

Becker County 218-847-5628

Clay County 218-299-7221

Are you ready for a checkup?

Remember to Bring:

- List of questions you have about your child's health
- Insurance card
- List of current medications
- Vaccine records, if needed.



Before you leave the clinic, ask how to contact the nurse if you have questions later.

Where to get Health Care:

Primary Care Clinic:

- Well-Child Checkups
- Vaccinations
- Office Visit with your child's provider if your child has a minor illness

Urgent Care Clinics:

- Same day care for minor injuries or illnesses
- Open certain hours
- Usually less expensive than the Emergency Department
- Examples of conditions:
 - Muscle Pain
 - Bronchitis
 - Cuts and minor burns
 - Diarrhea
 - Earache
 - Skin conditions
 - And more

Emergency Department: Call 911 in an emergency

- Open 24-hours & 7-days per week
- Emergencies only
- Immediate care for serious injuries or illnesses
- Examples of conditions:
 - Chest pain and pressure
 - Head Injuries
 - Pneumonia
 - Seizures
 - And more



Notes

Please confirm the clinic is in your health plan network before scheduling an appointment.