

Child and Teen Checkups



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.

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

Astera Health

AsteraHealth.org

Henning 218-583-2953

401 Douglas Ave

Mon-Fri 8:00am – 4:30pm

Ottertail 218-367-6262

232 Highway 78 N

Hours: Mon, Tue, Thurs, Fri
8:00am - 4:30pm

Wadena 218-631-3510

421 11th St. NW

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

CHI St. Francis Health

CHISFrancisHealth.org

Breckenridge 218-643-0747

2400 St Francis Dr

Hours: Mon-Fri 8:00am - 7:30pm
Sat & Sun 9:00am - 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

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

Battle Lake 218-864-5283

410 Lake Ave S

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

Fergus Falls 218-739-2221

111 W Vernon Ave

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

Liberty Health

LibertyHealthDL.com

Detroit Lakes 218-396-6500

1361 Wenner Road

Hours: Mon-Fri 8:00am – 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

New York Mills 218-385-1800

20 W Centennial 84 Dr

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

Ottertail 218-367-6111

105 Otter Dr

Hours: Mon & Wed 8:00am – 4:30pm
Fri 8:00am – 12:00pm

This list provided by your local Public Health Department:

Becker County 218-847-5628

Otter Tail County 218-385-5505

Clay County 218-299-7221

Wilkin County 218-643-7161

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

Frazee 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

Park Rapids 218-732-2800

705 Pleasant Ave

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

Pelican Rapids 218-863-2000

301 N Broadway

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

Wahpeton 701-642-2000

275 11th St S

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

Sanford Health

SanfordHealth.org

Alexandria 320-762-0399

1527 Broadway St

Hours: Mon-Thurs 7:30am - 6:00pm

Fri 7:30am – 5:00pm

Sat 9:00am – 12:00pm

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

Parkers Prairie 218-338-4371

115 E Soo St

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

Wahpeton 701-642-7000

332 2nd Ave N

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

West Fargo 701-234-2000

1220 Sheyenne St

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

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:

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

Call 911 in an emergency

Questions? We are here to help!

Becker County 218-847-5628
Clay County 218-299-7221
Otter Tail County 218-385-5505
Wilkin County 218-643-7161