

ADULT CARE OPTIONS

CHOOSING AN ADULT PHYSICIAN:

When choosing an adult physician there are many choices. You will want to check with your insurance coverage when deciding on a clinic. You may also ask your parents or family member as well as your friends for suggestions. You can ask the staff and physicians at Southdale Pediatrics as well.

Some options include:

Internal Medicine also known as “internists” care for adult physicians from age of 18 years throughout adulthood. They are similar to pediatricians but specialize in the care of adults. They work up and manage many conditions in healthy and complex patients.

Family Practice physicians care for patients of all ages. They will manage and work up some conditions.

OB/Gyn are physicians who see adult females. They will care for healthy adult females and do some primary care.

HELPFUL RESOURCES:

GOT TRANSITION FAMILY TOOLKIT: PEDIATRIC-TO-ADULT HEALTH CARE TRANSITION: Toolkit developed for families to use during pediatric to adult HCT and includes resources for both parents/caregivers and youth/young adults. <https://www.gottransition.org/resource/?hct-family-toolkit>

HEALTH App: Patients can set up their Medical ID in the Health app their cellphones. Here are the resources to help:

o <https://support.apple.com/en-us/HT207021>

o <https://www.gottransition.org/resource/?setting-up-medical-id-smartphones>

MyMedSchedule Plus: A mobile app designed to give patients and caregivers access to their medication schedules anywhere they go. Patients can add multiple providers to their care team and receive updated medication schedules from each of their providers all in one place. The app can also automatically provide medication reminders.

<https://medactionplan.com/mymedschedule/>

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Below are some options for adult primary care in this area. **This list does not include all clinic options or locations.** Be sure to check with your insurance on coverage.

INTERNAL MEDICINE

Allina (www.allinahealth.org)

Centennial Lakes, Edina	952-835-1311
Uptown	612-824-1772
Richfield	612-798-8800
Greenway (Minneapolis)	612-775-1800
Bloomington	952-428-1800
Nicollet Mall	612-333-8883
Plymouth	763-577-7400
Eden Prairie	952-428-0300
Apple Valley	651-241-3779
Shakopee	952-496-6700
Eagan	651-454-3970
Farmington	651-463-7181

Abbott Northwestern General Medicine Associates

Minneapolis	612-863-4096
Edina	952-914-8100

Fairview M Health Clinic (www.mhealthfairview.org)

Edina	952-848-5600
Eden Prairie	952-826-6500
Bloomington	952-881-2651
Minneapolis	612-273-8383
Lakeville	952-892-9555
Burnsville	952-460-4000
Eagan	651-406-8860
Rosemount	651-322-8800

HealthPartners/Park Nicollet (www.healthpartners.com)

Nokomis, Minneapolis	952-967-7485
St Louis Park	952-993-3333
Wayzata	952-993-8250
Mnetonka	952-993-4500
Brooklyn Center	952-993-4900
Bloomington	952-993-2400
Chanhassen	952-993-4300
Burnsville	952-993-2000
Eagan	952-967-7477
Lakeville	952-993-8800

FAMILY PRACTICE

Edina Family Physicians	952-925-2200
France Avenue Family Physicians	952-831-1551
Edina Sports and Family Medicine	952-926-6489
Richfield Medical Group	612-861-1622
Lakeview Clinic Chaska	952-556-0120

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OB/GYN

Southdale OB/Gyn	952-924-5000
Clinic Sofia	952-922-7600
OBGyn West	952-249-2000
Diamond Women's Center	952-927-4045
Haugen Ob/Gyn Edina	952-927-6561
Obstetrics, Gynecology & Infertility	952-920-2730
OBGYN Specialists	952-920-2200
Associates in Women's Health	952-806-0011

INTERNAL MEDICINE/PEDIATRICS (MED-PEDS)

Allina - Eagan <i>Megan Dillman</i>	651-454-3970
Allina – Chaska <i>Taryn Boik</i>	952-448-2050
Allina - Lake Street (Minneapolis) <i>Lan Luu, Claire McNeil</i>	612-775-4900
Allina - Richfield <i>Junaid Niazi, Marc Salita, Amy VandeWater-Morrow, Anne Valaas-Turner, Lauren Haveman, Laura Praeger</i>	612-798-8800
Allina - Woodbury <i>Karyn Johnson, Michelle Burrignt, Bryan Steelman, Heather Johnson-Serum, Christine Schmitz</i>	651-241-3000
CUHCC (Minneapolis) <i>Aarti Bhatt, Coung Pham, Ryan Kelly, Beth Rogers, Mike Aylward, Calla Brown</i>	612-301-3433
Fairview – Eagan <i>Allison McVay-Steer, Hannah Balfanz, Dave Yost, Sarah Mcintyre, Emily Moody, Mahjub Hammond, Kendahl Moser-Bleil, Deirdre Croke, Erin McCarville, LoAnn Heuring, Sarah Mcintyre</i>	651-406-8860
Fairview Eden Prairie <i>Megan Ditty, Kathryn Jacobson-Aune</i>	952-826-6501
HealthEast Woodwinds – Woodbury <i>Maja Visekruna</i>	651-232-6700
HealthPartners - Bloomington <i>Aaron Graumann</i>	952-967-7375
HealthPartners – Woodbury <i>Gwendolyn Simon, John Simon</i>	952-967-7975
HealthPartners – Golden Valley <i>Laura McCarthy</i>	952-993-8300
HealthPartners – St. Louis Park <i>Clemence Sullivan</i>	952-967-7720
Lakeview Clinic – Chaska <i>Peter Rogers</i>	952-556-0120