

# Medical Clinics

## Sanford Health

[www.sanfordhealth.org](http://www.sanfordhealth.org)

### Alexandria 320-762-0399

1527 Broadway St

Hours: Mon-Thurs 8:00am - 6:00pm  
Fri 8:00am - 5:00pm

### 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

737 N Broadway 701-234-2261

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

2601 N Broadway 701-234-2900

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

2400 32<sup>nd</sup> Ave S 701-234-8830

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

2701 13<sup>th</sup> Ave SW 701-234-3620

(Southwest Children's Clinic)

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

3955 56<sup>th</sup> St S, Ste D 701-417-7500

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

### Hawley 218-483-3564

1412 Main St

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

### Moorhead 701-234-3260

4000 28<sup>th</sup> 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  
(closed 12:00-1:00)

### Wahpeton 701-642-7000

332 2<sup>nd</sup> Ave N

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

### West Fargo

Family Medicine 701-234-8830

Pediatrics 701-234-3620

1220 Sheyenne St

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

## Essentia Health

[www.essentiahealth.org](http://www.essentiahealth.org)

### Detroit Lakes 218-844-2300

1027 Washington Ave

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

### Fargo 701-364-8900

1702 S University Dr

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

3902 13<sup>th</sup> Ave S (West Acres)

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

4110 51<sup>st</sup> Ave S

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

4476 31<sup>st</sup> Ave S Suite 101

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

4622 40<sup>th</sup> Ave Suite A

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

### Frazee 218-334-7255

300 Main Ave E

Hours: Mon-Fri 8:30am - 5:00pm  
(closed 12:15pm - 1:00pm)

### Lake Park 218-238-5901

1005 1<sup>st</sup> St

Hours: Mon & Wed 9:00am - 4:30pm  
(closed 12:00pm-12:30pm)  
Thursday 8:30am - 4:30pm  
(closed 12:00pm-1:00pm)

### Menahga 218-564-4131

212 Aspen Ave NE

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

### Moorhead 701-364-8900

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 8:30am - 5:00pm  
(closed 12:00pm - 1:00pm)

### Wahpeton 701-642-2000

275 11<sup>th</sup> St S

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

### West Fargo 701-364-8900

1401 13<sup>th</sup> Ave E

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

3150 Sheyenne St

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

## Lake Region Healthcare

[www.LRHC.org](http://www.LRHC.org)

### Barnesville 218-354-2111

209 2<sup>nd</sup> St SE

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

### Battle Lake 218-864-5283

410 Lake Ave S

Hours: Mon-Fri 8:15am - 4:30pm

### Fergus Falls 218-739-2221

111 W Vernon Ave

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

## Perham Health

[www.perhamhealth.org](http://www.perhamhealth.org)

### Perham 218-347-1200

1000 Coney St W

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

### 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: Monday & Wednesday  
8:00am - 4:30pm  
Friday 8:00am - 12:00pm

This list provided by:

**Child and Teen  
Checkups** 

Becker County 218-847-5628

Clay County 218-299-7221

Otter Tail County 218-385-5505

Wilkin County 218-955-0391

**Questions? We are here  
to help you!**



### Family HealthCare

[www.famhealthcare.org](http://www.famhealthcare.org)

701-271-3344

#### Fargo

301 NP Ave

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

222 4<sup>th</sup> St (Homeless Health)

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

### Astera Health

<https://asterahealth.org/>

#### Henning 218-583-2953

401 Douglas Ave

Hours: Mon-Fri 8:00am – 4:30pm

#### Ottertail 218-367-6262

toll free 1- 866-294-3200

232 Highway 78

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

#### Wadena 218-631-3510

toll free 1-800-880-3627

4 Deerwood Ave NW

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

### CHI St. Francis Health

#### Breckenridge 218-643-0747

2400 St Francis Dr

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

Sat & Sun 9:00am - 5:00pm

### Community Health Services

[www.chsiclinics.org](http://www.chsiclinics.org)

#### Moorhead 218-236-6502

2310 4<sup>th</sup> Ave N

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

(closed 12:00pm - 1:00pm)

### Liberty Health

[www.libertyhealthdl.com](http://www.libertyhealthdl.com)

#### Detroit Lakes 218-396-6500

1361 Wenner Road

Hours: Mon-Fri 8:00am – 5:00pm

(closed 12:00pm - 1:00pm)

## Where to get healthcare:

### Family Doctor or Primary Care Clinic:

- For well-child checkups and vaccinations.
- If your child is sick and does not need immediate care, you can call your clinic and may get a same day appointment with their doctor (office visit).

**Walk-in/Urgent Care Clinics:** for minor injuries or illnesses.

**Emergency Department:** for serious injuries or illnesses – for emergencies!

## Are you ready to see the doctor?



1. **Get Ready:** Bring the insurance card, a list of medicines your child takes, and vaccine records, if needed. Write down the questions you want to ask the doctor about your child's health.
2. **Tell the Doctor:** How your child is doing and what you do to help your child when they are sick. Ask your questions.
3. **Before You Leave the Clinic:** Get the phone number for the nurse in case you have questions later. Make sure you understand everything the doctor said.

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