

Physical and Mental Health Providers



Elisabeth Goelz, MD provides full spectrum care including preventative, acute and chronic disorder care. Fits around your work schedule right here at Hennepin Healthcare.

Just send Dr. Goelz a message on Telmediq to set up an appointment. **612.260.1712**.

After hours response page will be sent if unavailable. Overnight pages will be answered the following morning.



Katie Thorsness, MD is a Psychiatrist with Hennepin Healthcare and available for any and all mental health related concerns. She specializes in perinatal psychiatry and works closely with the Mother-Baby Program at HCMC.

Mother Baby Program:

Part of HCMC Psychiatry department offering mental health services for pregnant women and families with children from ages 0-3 years.

To make an appointment with Dr. Thorsness via Telemediq by searching for the **CaRes Program**.

For all emergencies go to the Emergency Department or call 9-1-1.

On Campus Benefits

Exercise room: Located on G2.330 . Lockers, cardio and strength machines, as well as free weights are available.

Resident Workroom Light Box: Located in each department. Providing an evidence based strategy for dealing with circadian disruption of shift work.

Cab Vouchers: Obtain a 35\$ cab voucher when too tired to drive home. Contact **612.888.8889** and indicate it's a non-patient transfer request for HCMC GME account 1556.

Massage services:

Located at R5.234 as well as Whittier Clinic and MVNA. Provided by **Fit to Live**. Massage start at 1\$ per minute
Schedule an appointment today! <https://fit-to-livetoday.setmore.com>

Breastfeeding Clinic and Lactation Rooms:

Contact the breastfeeding clinic at **612.873.MILK** for any concerns related to breastfeeding and lactation. The following lactation rooms are available throughout HCMC:

PL.728	RL.210	A2.435
G6.184	RL.219	A3.435
O1.130	R2.212	A4.435
Whittier Clinic	MVNA	A5.435

Critical Incident Support Team:

A team of HCMC Staff dedicated to providing support to more effectively cope and recover more quickly after a critical incident. To contact the team call **612.919.3747** or complete the non-emergency critical incident request form on Info OnCall.

Off Campus Benefits

Financial Planning/Wealth Advisors:

- David J Seidelmann, CFP 612.746.2244
- Andrew F. Spaanem, CFP 952.698.7036
- Dave Pascoe, JD, CFP, 952.746.2845

Fitness and Exercise Equipment Discounts:

- CorePower Yoga discount on membership and classes.
- Fit to Live Yoga discount on classes.
- Fleet Feet Sports discount on shoes and apparel
- The Walking Company discount on shoes.

For more information search **Health Club** on Info OnCall

Fit Choice by Medica:

Earn up to 20\$ credit a month toward health club dues when you meet your monthly visit requirements at participating health clubs.

MyMedica.com

Register to access your insurance plan and complete the online health assessment and earn rewards.

Supply Chain Discounts:

You can receive discounts from the following businesses:

Allied	Atlas
AT&T	Dell
H&R Block	Orkin
Sherwin Williams	United
Verizon	

For more info visit: **infooncall > departments > supplychainmgmnt > HCMC_P_059506**

ZAP Twin Cities :

A bike communitng rewards program. Register at: derozap.com/zaptwincities