



INDIGENOUS COMMUNITY HEALTHCARE NAVIGATION TOOLKIT

Fargo - Moorhead Region



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Acknowledgements

This toolkit is grounded in respect for Indigenous peoples, knowledge systems, sovereignty, and community care.

It is intended to evolve through ongoing community guidance, collaboration, and shared stewardship.

Community voices, lived experiences, Elders, families, and cultural knowledge holders should continue shaping future versions of this resource.

Special thanks to our local Community Advisory Board Members who helped to develop, provide insight and voice to the toolkit.

- **Amy Barcenas**, Chippewa Cree
- **Petra Reyna One Hawk**, Standing Rock Sioux Tribe
- **Whitney Johnson**, Oglala Sioux Tribe
- **Sadie Nelson**, Sokaogon Chippewa Community
- **Emily Sargent**, White Earth Nation
- **Darlene Boyle**, Crow Tribe of Montana enrolled/Turtle Mountain Band of Chippewa Affiliated
- **Lenore King**, Sisseton Wahpeton Oyate
- **Kathy Benjamin**, Mille Lacs Band of Ojibwe
- **Sandra Berlin**, White Earth Nation
- **Jordan Joshua**, Spirit Lake
- **Anna Johnson**, Turtle Mountain band of Chippewa

Land Acknowledgement

The Fargo-Moorhead region exists within the ancestral homelands of Indigenous Peoples who have cared for these lands since time immemorial.

We recognize the enduring presence, sovereignty, and contributions of Tribal Nations throughout the Northern Plains and Great Lakes regions, including Dakota, Lakota, Ojibwe/Anishinaabe, Mandan, Hidatsa, Arikara, and many other Indigenous Nations represented within our communities today.

We acknowledge that Indigenous Peoples continue to lead, heal, educate, and strengthen our communities through culture, language, kinship, and traditional knowledge.



Welcome

Welcome to the Indigenous Community Healthcare Navigation Toolkit.

This resource was created to support Indigenous individuals, families, caregivers, Elders, advocates, and community members living in or traveling through the Fargo-Moorhead region.

Navigating healthcare systems can sometimes feel overwhelming. Understanding available resources, patient rights, insurance systems, referrals, and community support can make it easier to access care that respects your values, culture, and lived experiences.

This toolkit was developed to help community members:

- Find healthcare and wellness resources
- Understand patient rights and protections
- Access Indigenous-centered services
- Connect with cultural and traditional supports
- Prepare for appointments and healthcare decisions
- Advocate for themselves and their families

This toolkit recognizes that wellness extends beyond medical care. Healing is connected to culture, language, community, family, spirituality, and relationships.

We honor the knowledge, resilience, and strengths of Indigenous Peoples and Tribal Nations throughout this region.

Medicine Wheel Teaching

The **Medicine Wheel** is a sacred, circular symbol used by many Indigenous peoples across North America to represent balance, interconnectedness, and the cycles of life. It is not a single, fixed design; each tribal nation may assign different colors, animals, and meanings to its four directions. Everything is connected in balance and harmony.

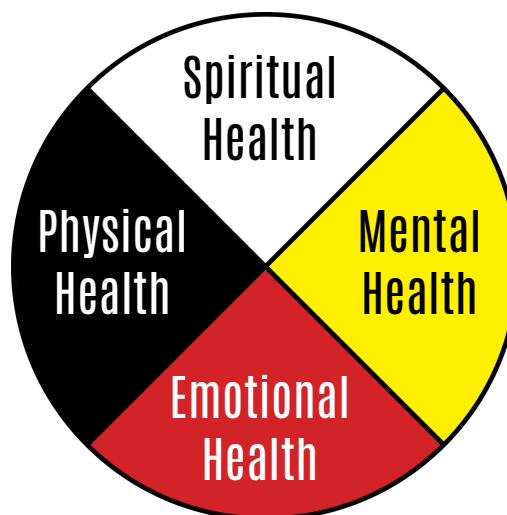
The wheel is typically divided into four quadrants, with a central point. It is oriented to the four cardinal directions of East, South, West, and North and is often moved in a clockwise direction to align with natural cycles. Practitioners use the wheel to assess imbalances in the four quadrants and to develop appropriate healing strategies.

Physical Health encourages individuals to connect with the land through activities such as gathering medicinal plants, participating in traditional hunting practices, or moving your body through dance.

Emotional health encourages individuals to engage in community, ceremony, and storytelling for collective healing.

Spiritual health encourages individuals to connect to land, use the four medicines, smudge, pray if you need guidance, seek out elders, and ask for help.

Mental health encourages individuals to balance emotional, physical, and spiritual wellness for overall mental health. Colonialism, forced assimilation, environmental abuses and systemic racism have disrupted Indigenous mental health practices, leading to generational trauma. Indigenous communities are revitalizing cultural values and knowledge within health care systems.



How to Use This Toolkit

This toolkit was created for Tribal members, Indigenous relatives, caregivers, advocates, and community members living in or traveling to the Fargo–Moorhead region.

The toolkit is organized into two sections:

Section 1: Community Resource Guide

The beginning of this guide includes:

- Healthcare resources
- Indigenous community organizations
- Mental health and crisis support
- Traditional healing and cultural resources
- Housing, food, legal, and family supports
- Patient navigation information
- Insurance and IHS guidance

This section is intended to be used as a community reference guide.

Section 2: Patient Tools

The last section has standalone patient handouts that can be:

- Printed individually
- Shared at clinics or community events
- Downloaded separately
- Used in workshops or patient navigation programs
- Standalone handouts include:
 - Your Health. Your Rights.
 - Medical Records Request Form
 - Insurance and IHS Contact Worksheet
 - Appointment Preparation Checklist
 - Questions to Ask Your Provider
 - Traditional Healing and Cultural Care Planning Sheet

Community Context: Fargo–Moorhead Region

The Fargo–Moorhead area includes Indigenous relatives from over 60 Tribal Nations, including Dakota, Lakota, Ojibwe/Anishinaabe, Mandan, Hidatsa, Arikara, and other Tribal Nations. All with diverse perspectives and cultural practices.

Many Indigenous community members maintain strong family, cultural, and kinship ties with surrounding Tribal Nations while living in an urban setting.

Note: Fargo does not currently have a federally designated Urban Indian Health Program (UIHP). Indigenous community members often access care through regional healthcare systems, Tribal partnerships, community organizations, and culturally responsive providers.

Community Strengths

- Strong intertribal community relationships
- Elders, knowledge keepers, and cultural leaders
- Indigenous students and youth leadership
- Community organizers and grassroots programs
- Cultural revitalization efforts
- Indigenous-serving organizations
- Traditional teachings and ceremonies

Community Challenges Affecting Health

- Transportation barriers
- Housing instability
- Insurance confusion
- Limited Indigenous-centered behavioral healthcare
- Gaps in traditional healing access
- Food insecurity
- Historical and ongoing trauma
- Limited Indigenous patient navigation services



Guiding Principles

- **Community-Driven:** Indigenous voices, families, and lived experiences should guide healthcare planning and services.
- **Cultural Humility:** Healthcare systems and providers should continuously learn, reflect, and remain accountable to Indigenous communities.
- **Relational Care:** Healing happens through trust, respect, relationships, and long-term community connection.
- **Strengths-Based Approach:** This guide recognizes Indigenous resilience, knowledge systems, traditions, languages, and community strengths.
- **Trauma-Informed Care:** Historical trauma, boarding schools, forced removal, racism, and healthcare discrimination continue to affect health experiences today.
- **Data Sovereignty:** Indigenous communities have the right to govern information, stories, and data connected to their people.

Cultural Considerations for Healthcare Providers

Important Reminders

- Ask, do not assume
- Respect tribal identity and lived experience-acknowledging sovereignty, honoring cultural traditions, and engaging with Indigenous communities in ways that center their voices, values, and self-determination
- Recognize the role of family and elders in healthcare decisions
- Create space for traditional healing practices when requested- restoring balance through smudging, prayer and songs, community support and traditional healers.
- Use plain language and avoid medical jargon
- Respect spiritual practices and cultural items
- Understand that trust may take time
- Advocate for your patient to have cultural accommodations and make it a priority in their care plans

Helpful Practices

- Allow support persons/relatives during appointments
- Offer flexible scheduling when possible
- Explain procedures slowly and clearly
- Ask patients how they prefer to receive information
- Include cultural and spiritual supports in care planning
- Support patient autonomy and informed decision-making

Section I: Community Healthcare Resources

- Traditional Healing and Cultural Wellness Guides
- Healthcare and Medical Services
- Indigenous Community Organizations
- Mental Health and Wellness
- Family, Youth and Maternal Health
- Legal Support
- Native Education and Student Support
- Indigenous Higher Education
- LGBTQIA2S+ Support
- Reproductive Health
- Domestic Violence and Advocacy
- Food and Basic Needs
- Housing and Community Support
- Medical Equipment⁸ and Disability Services
- Indigenous Navigation, Recovery and Education Resources
- Hospice, Home Care and End-of-Life Support
- Indian Health Service (IHS) and Tribal Health Clinics
- Healthcare Navigation and Patient Advocacy
- Patient Rights, Navigation and Advocacy
- Navigating Healthcare
- Medical Records and Privacy
- Healthcare Terminology: Plain Language Guide
- Insurance, IHS and Paying for Care



Traditional Healing and Cultural Wellness Guides

Willard Yellow Bird

MHA Nation Arikara Hidatsa

- Services: Traditional Spiritual Care
- Contact: (701) 799-7837 or Wkybjr@msn.com

Sweet Medicine

White Earth

- Services: Traditional and cultural art, advocacy, recovery
- Contact: (218) 261-3171

Anna Johnson

Turtle Mountain band of Chippewa

- Services: Cultural Artist and Resources
- Contact: (701) 550-9829 or Anna.r.johnson82@gmail.com

Tanya Tee RedRoad

Little Shell Chippewa Turtle Mountain

- Services: Advocacy spiritual care and resources
- Contact: Tanya.redroad@gmail.com

Whitney Johnson

Oglala Sioux Tribe

- Services: Resources
- Contact: Whit821@gmail.com

Kathy Benjamin

Mille Lacs Band of Ojibwe

- Services: Resources
- Contact: Bagamaabanookwe@outlook.com

Dr. Emily Sargent

White Earth

- Services: Resources
- Contact: Emily.Sargent@sanfordhealth.org

Healthcare and Medical Services

Essentia Health

- Services: Primary care, specialty care, behavioral health, maternal care
- Who they serve: All community members
- Contact: (701) 364-8000

Sanford Health

- Services: Primary care, specialty care, telehealth, behavioral health
- Who they serve: All community members
- Contact: (701) 417-2000

Family HealthCare

- Services: Medical, dental, behavioral health, pharmacy, homeless outreach
- Who they serve: Uninsured, underinsured, families
- Contact: (701) 271-3344

Fargo VA Health Care System

- Services: Veteran healthcare, PTSD treatment, mental health services
- Who they serve: Veterans
- Contact: (701) 232-3241

Dollar Clinic

- Services: Low-cost walk-in healthcare, medications, basic care
- Who they serve: Individuals seeking affordable care
- Contact: (701) 630-9536



Indigenous Community Organizations

Indigenous Association

- Services: Cultural programs, youth activities, community events, elder engagement
- Who they serve: Indigenous community members
- Contact: (701) 409-0485

Native, Inc.

- Services: Housing support, family services, youth programs, healing initiatives
- Who they serve: Indigenous individuals and families
- Contact: (701) 412-2735

Fargo Native American Commission

- Services: Community advocacy and Indigenous engagement
- Who they serve: Fargo Indigenous community
- Contact: (701) 241-1310

American Indian Public Health Resource Center (AIPHRC)

- Services: Health education, outreach, Tribal partnerships, public health initiatives
- Who they serve: Tribal Nations and Indigenous communities
- Contact: ndsu.aiphrc@ndsu.edu

Mental Health Services

Southeast Human Service Center

- Services: Mental health, substance use treatment, crisis services
- Who they serve: All community members
- Contact: (701) 298-4500

Prairie St. John's

- Services: Inpatient mental health and crisis stabilization
- Who they serve: All community members
- Contact: (701) 476-7200

988 Suicide and Crisis Lifeline

- Services: 24/7 crisis support
- Who they serve: All community members
- Contact: Dial 988

Lakeland Mental Health Center

- Services: Counseling, psychiatric care, behavioral health services
- Who they serve: All community members
- Contact: (218) 233-7524

Midwest Mental Health

- Services: Outpatient mental health services
- Who they serve: All community members
- Contact: (218) 477-1353

Sanford Adult Behavioral Health

- Services: Mental Health, inpatient and outpatient services
- Who they serve: All community members
- Contact: (218) 234-4044

Sanford Southpointe Clinic

- Services: Outpatient behavioral health services
- Who they serve: All community members
- Contact: (701) 234-4141



Family, Youth and Maternal Health Organizations

Indigenous Association

- Services: Youth leadership and cultural engagement
- Who they serve: All Indigenous peoples
- Contact: (701) 409-0485

Milk Run Bridge Bags

- Services: Maternal support, infant supplies, parent resources
- Who they serve: Expecting parents
- Contact: (701) 409-0485

Yellowtail Lactation Consultants

- Services: Culturally grounded lactation support and full spectrum doula training
- Who they serve: Expecting parents and families
- Contact: Amydmt@yahoo.com

Youthworks

- Services: Emergency shelter, youth support, outreach
- Who they serve: Youth
- Contact: (701) 232-8558

Ogimaa Youth Group

- Services: Indigenous youth engagement and cultural activities
- Who they serve: Youth
- Contact: (701) 409-0485 or sadie@nativefm.org

Legal Support

Justice North

- Services: Covers family law, housing, disability benefits
- Who they serve: Free initial consultations for low-income or elderly residents
- Contact: (218) 233-8585 or 877-MY-MN-LAW (877-696-6529)

ICWA

- Services: Advocacy centered around Indigenous families
- Who they serve: All Indigenous communities
- Contact: Contact your local Tribal Child Protection Program Manager

Legal Services of North Dakota

- Services: Covers Government Benefits, Family, Health, Consumer, Housing, Elderly Law and Indian Law
- Who they serve: Free initial consultations for low-income or elderly residents
- Contact: Under Age 60: 1-800-634-5263
Age 60+: 1-866-621-9886



Native Education and Student Supports

American Indian Center – Minnesota State University Moorhead

- Services: Indigenous student support, cultural programming, academic success resources, leadership development
- Contact: (218) 477-2938

Moorhead Area Public Schools Indian Education Program

- Services: Academic support, cultural education, Indigenous family engagement, graduation support
- Contact: (218) 284-3300

Fargo/West Fargo Public Schools Native American Education Program

- Services: Student support, cultural programming, family engagement, graduation support
- Contact: (701) 446-1057

American Indian Public Health Resource Center (AIPHRC)

- Services: Indigenous health education, outreach, workforce development, Tribal partnerships
- Contact: ndsu.aiphrc@ndsu.edu

NDSU Center for Community and Belonging

- Services: Student success, mentoring, and cultural programming.
- Contact: (701) 231-1029

Indigenous Higher Education

United Tribes Technical College

- Services: Higher education, workforce development, cultural support services
- Contact: (701) 255-3285

Turtle Mountain College

- Services: Higher education, workforce development, culturally integrated education, cultural support systems
- Contact: (701) 369-6060

Sisseton Wahpeton College

- Services: Higher education
- Contact: (605) 698-3966

Cankdeska Cikana Community College

- Services: Higher education, workforce development, cultural support services
- Contact: (701) 766-4415

Nueta Hidatsa Sahnish College

- Services: Higher education, workforce development, cultural support services
- Contact: (701) 627-4738

Sitting Bull College

- Services: Higher education, workforce development, cultural support services
- Contact: (701) 854-8000

White Earth Tribal and Community College

- Services: Higher education, workforce development, cultural support services
- Contact: (218) 935-0417



LGBTQIA2S+ Supports

Pride Collective and Community Center

- Services: Peer support, advocacy, community programming
- Who they serve: All community members
- Contact: (218) 287-8034

Community Uplift Program

- Services: Peer and care coordinator support
- Who they serve: Community members seeking mental health services, focus on LGBTQ2S+ individuals
- Contact: (701) 515-9188

Trevor Project

- Services: Advocacy, Research, Education and 24/7 hotline
- Who they serve: LGBTQ2S+ Community members
- Contact: 1-888-488-7386 or Text START to 678-678

Canopy Medical Clinic

- Services: Primary care, LGBTQIA2S+ affirming care, sexual health, HIV services, therapy, peer navigation, Ryan White services
- Who they serve: Community members seeking affirming and inclusive healthcare
- Contact: (701) 264-5200

Reproductive Health

Planned Parenthood (Moorhead)

- Services: Birth control, STI testing, reproductive healthcare
- Who they serve: All community members
- Contact: (218) 236-7145

Red River Women's Clinic

- Services: Pregnancy services, reproductive healthcare
- Who they serve: All community members
- Contact: (218) 477-3191

Domestic Violence and Advocacy

Sollera

- Services: Shelter, counseling, legal advocacy
- Who they serve: All community members
- Contact: (701) 293-7273

StrongHearts Native Helpline

- Services: Culturally appropriate, confidential and free services
- Who they serve: Native American and Alaska Native survivors and family members
- Contact: 1-844-7NATIVE (1-844-762-8483)

White Earth DOVE Program

- Services: Safety planning, advocacy, support services
- Who they serve: All community members
- Contact: (218) 983-4656

Food and Basic Needs

FirstLink 211

- Services: Peer support, advocacy, community programming
- Who they serve: All community members
- Contact: Dial 211

Emergency Food Pantry

- Services: Food Assistance and household necessities
- Who they serve: All community members
- Contact: (701) 237-9337

New Life Center

- Services: Emergency shelter, meals and recovery programs
- Who they serve: All community members
- Contact: (701) 235-4453

Mica's Mission / Churches United

- Services: Emergency shelter, housing, meals and support services
- Who they serve: All community members
- Contact: (218) 656-7495

Salvation Army

- Services: Meals, food pantry, emergency assistance
- Who they serve: All community members
- Contact: (701) 232-5565

St. Francis Thrift Store

- Services: Clothing assistance, utility and housing support referrals
- Who they serve: All community members
- Contact: (701) 235-5944

Housing and Community Support

Native, Inc.

- Services: Housing Navigation and support services
- Who they serve: All community members
- Contact: (701) 412-2735

SENDCAA

- Services: Housing, Income Building and Self Sufficiency
- Who they serve: All community members
- Contact: (701) 323-2452

Lakes and Prairies Community Action Partnership (CAPLP)

- Services: Housing, Financial Literacy, and Family Support
- Who they serve: All community members
- Contact: (218) 512-1500

Family HealthCare

- Services: Homeless outreach and case management
- Who they serve: All community members
- Contact: (701) 271-3344

FirstLink 211

- Services: Housing referrals and emergency resources
- Who they serve: All community members
- Contact: Dial 211

Medical Equipment and Disability Services

HERO (Healthcare Equipment Recycling Organization)

- Services: Recycled medical equipment, mobility aids, accessibility equipment
- Who they serve: All community members
- Contact: (701) 212-1921

Freedom Resource Center

- Services: Counseling, training, job skills, and job placement
- Who they serve: People with disabilities
- Contact: (701) 478-0459

Vocational Training Center

- Services: Support services, vocational training, and employment program
- Who they serve: People with disabilities
- Contact: (701) 241-4858

North Dakota Brain Injury Network

- Services: ND healthy brain work resource guide, brain injury resource guide, healthcare directory
- Who they serve: All community members
- Contact: (855) 866-1884 or www.ndbin.org

Indigenous Navigation, Recovery and Education Resources

Canopy Medical Clinic

- Services: Primary care, LGBTQIA2S+ affirming care, sexual health, HIV services, therapy, peer navigation, Ryan White services
- Who they serve: All Community members seeking affirming and inclusive healthcare
- Contact: (701) 264-5200

Resource and Recovery Center

- Services: Food, restrooms, laundry facilities, housing support and case management
- Who they serve: Services and referrals to meet the immediate needs for unhoused adults
- Contact: 2001 1st Ave. N Fargo or (701) 476-6723

Sweet Medicine

- Services: Traditional Art, Talking Circles and Recovery support
- Who they serve: Any community members
- Contact: (located in the Resource and Recovery Center) 2001 1st Ave. N. Fargo

Gladys Ray Shelter (and Detox)

- Services: Provides low barrier safe space
- Who they serve: Any community members
- Contact: 1519 1st Avenue South Fargo, ND 58103

Hope in Recovery Center

- Services: Peer support, recovery groups, recovery coaching, meals, community support, mental health recovery services
- Who they serve: Adults working on recovery and mental wellness
- Contact: (701) 361-9922



Ridge Treatment and Reentry Center

- Services: Mental health services, addiction treatment, recovery support, reentry services
- Who they serve: Individuals in recovery and reentry
- Contact: (218) 477-1353

Deep Roots

- Services: Peer support, recovery navigation, social support, community services
- Who they serve: Individuals experiencing behavioral health challenges
- Contact: (701) 532-1509

Hospice, Home Care and End-of-Life Support

Interim HealthCare Hospice

- Services: Hospice care, home health, palliative support, caregiver support
- Who they serve: Any community members
- Contact: (701) 941-6800

HIA Heather's House

- Services: Residential hospice and end-of-life care support
- Who they serve: Any community members
- Contact: 1-800-237-4629

Comfort Keepers

- Services: Residential hospice and end-of-life care support
- Who they serve: Any community members
- Contact: 1-800-237-4629

Sanford Hospice

- Services: Hospice and home care services
- Who they serve: Any community members
- Contact: (701) 234-7550

Ethos Home Health Care and Hospice

- Services: Hospice and home care services
- Who they serve: Any community members
- Contact: (701) 356-3803



Indian Health Service (IHS) and Tribal Health Clinics

White Earth Health Center

- Services: Primary care, dental, behavioral health, pharmacy, Purchased/Referred Care (PRC), preventive health services
- Location: Ogema, MN
 - Distance from Fargo: 65 miles
- Contact: (218) 983-4300

White Earth Nation Health Division

- Services: Health education, home health, PRC assistance, community health programs
- Location: White Earth, MN
 - Distance from Fargo: 65 miles
- Contact: (218) 983-3286

White Earth Naytahwaush Health Center

- Services: Primary care and community health services
- Location: Naytahwaush, MN
 - Distance from Fargo: 81 miles
- Contact: Contact through White Earth Health Division

Coteau des Prairies Health Care System (IHS)

- Services: Medical care, dental care, behavioral health, pharmacy, public health nursing, community health services
- Location: Sisseton, SD
 - Distance from Fargo: 95 miles
- Contact: (605) 698-7681

Tribal Health Departments

- Services: PRC assistance, transportation coordination, patient advocacy, Community Health Representatives (CHRs)
- Location: Varies by Tribal Nation
- Contact: Contact local Tribal Nation

Healthcare Navigation and Patient Advocacy

Family HealthCare

- Services: Insurance enrollment, referrals, care coordination
- Contact: (701) 271-3344

Sanford Social Work

- Services: Financial counseling, discharge planning, referrals

Essentia Care Coordination

- Services: Referral assistance and chronic disease management

Tribal Health Departments

- Services: PRC support, transportation assistance, advocacy

Community Health Representatives (CHRs)

- Services: Appointment support and care navigation



Patient Rights, Navigation and Advocacy

Healthcare systems can feel overwhelming or unwelcoming. Understanding your rights can help you receive respectful, culturally safe care.

You Have the Right To:

- Respectful, non-discriminatory care
- Clear explanations
- Ask questions
- Informed consent
- Access your medical records
- Privacy and confidentiality
- Bring support persons
- Request interpreters
- Seek second opinions
- File complaints if necessary

Navigating Healthcare

Before Your Appointment

Bring:

- Photo ID
- Insurance card
- Medication list
- Questions for your provider
- Medical records if needed
- A trusted support person if desired

Helpful Questions to Ask

- What are my treatment options?
- What are the risks and benefits?
- What happens if I wait?
- Can you explain this another way?
- Is there culturally responsive support available?

Medical Records and Privacy

You have the right to:

- Access your medical records
- Request corrections
- Receive records electronically or on paper
- Understand how your information is used

HIPAA Protections

Your health information is protected by federal privacy laws.

Healthcare Terminology: Plain Language Guide

Primary Care: Your regular doctor or clinic for routine healthcare.

Specialist: A provider focused on one area of healthcare.

Referral: When your doctor sends you to another provider.

Prior Authorization: Insurance approval is needed before certain services are provided.

Preventive Care: Care that helps prevent illness before it starts.

Insurance, IHS and Paying for Care

Indian Health Service (IHS)

- IHS provides healthcare services for eligible American Indian and Alaska Native people.

Purchased/Referred Care (PRC)

- PRC may help pay for outside medical care when approved through Tribal/IHS systems.



Helpful reminders:

- Contact IHS before outside appointments
- Keep copies of referrals
- Ask if care has been approved

Medicaid

May help cover:

- Doctor visits
- Hospital care
- Mental healthcare
- Prescriptions

Financial Assistance

Hospitals may offer:

- Charity care
- Payment plans
- Reduced-cost care
- Financial counseling

Section II: Patient Tools

- Your Health. Your Right
- Medical Records Request Form
- Insurance and IHS Contact Worksheet
- Appointment Preparation Checklist
- Questions to Ask Your Provider
- Traditional Healing and Cultural Care Planning



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Your Health. Your Right

Your Health. Your Right.

Navigating healthcare systems can sometimes feel confusing or overwhelming. You deserve care that is respectful, clear, and centered around you, your family, and your cultural values.

Your Rights as a Patient

You have the right to:

1. Be treated with respect and dignity
2. Receive clear information
3. Ask questions
4. Say yes or no to treatment
5. Access your medical records
6. Bring a support person
7. Request culturally responsive care

Helpful Appointment Tips

- Write down questions ahead of time
- Bring a medication list
- Ask for clarification if something feels confusing
- Take notes during appointments
- Ask about financial aid if needed

Remember

You are the expert on your body. Your voice matters. Healthcare should be a partnership.

Your Health. Your Right

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Remember

You are the expert on your body. Your voice matters. Healthcare should be a partnership.

Medical Records Request Form

Medical Records Request Form

Date: _____

Clinic/Hospital Name: _____

Patient Name: _____

Date of Birth: _____

I am requesting a copy of my medical records, including:

☐ Visit notes ☐ Test results ☐ Medication list ☐ Other:

Please provide my records in:

☐ Paper copy ☐ Electronic copy

Phone or Email: _____

Signature: _____

Medical Records Request Form

Medical Records Request Form

Date: _____

Clinic/Hospital Name: _____

Patient Name: _____

Date of Birth: _____

I am requesting a copy of my medical records, including:

☐ Visit notes ☐ Test results ☐ Medication list ☐ Other: _____

Please provide my records in:

☐ Paper copy ☐ Electronic copy

Phone or Email: _____

Signature: _____

Insurance and IHS Contact Worksheet

Insurance and IHS Contact Worksheet

Patient Information

Name:_____ Date of Birth:_____

Insurance Information

Insurance Plan:_____ Member ID:_____

Customer Service Phone:_____

Indian Health Service (IHS)

IHS Clinic Name:_____ Phone Number:_____

Purchased/Referred Care Contact: _____

Primary Care Provider

Clinic Name:_____

Provider Name:_____

Clinic Phone:_____

Insurance and IHS Contact Worksheet

Insurance and IHS Contact Worksheet

Patient Information

Name: _____ Date of Birth: _____

Insurance Information

Insurance Plan: _____ Member ID: _____

Customer Service Phone: _____

Indian Health Service (IHS)

IHS Clinic Name: _____ Phone Number: _____

Purchased/Referred Care Contact: _____

Primary Care Provider

Clinic Name: _____

Provider Name: _____

Clinic Phone: _____

Appointment Preparation Checklist

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Before your appointment, consider bringing:

- ☐ Photo ID
- ☐ Insurance card
- ☐ Medication list
- ☐ Support person
- ☐ Notebook or paper
- ☐ Medical records if needed
- ☐ Questions for provider

Questions I want answered:



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Questions I want answered:

Questions to Ask Your Provider

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- What are my treatment options?
- What are the benefits and risks?
- What happens if I wait?
- Are there alternative options?
- Can you explain this in a different way?
- What should I do next?
- Can traditional healing practices be included in my care plan

Notes:



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Traditional Healing and Cultural Care Planning

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Traditional practices, cultural supports, and spiritual care are important parts of wellness for many Indigenous people.

Things I would like my healthcare team to know:

People I want included in my care:

- ☐ Family member ☐ Elder ☐ Friend/support person
- ☐ Traditional healer/spiritual support

Traditional or cultural supports important to me:

- ☐ Smudging ☐ Prayer ☐ Drum/song ☐ Ceremony
- ☐ Traditional medicines ☐ Language support
- ☐ Other:



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INDIGENOUS COMMUNITY HEALTHCARE NAVIGATION TOOLKIT

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