

Welcome



About Abbott Northwestern – WestHealth

As the focus of health care shifts from treating illness to helping people stay healthy, Abbott Northwestern – WestHealth is here to provide non-hospital medical care close to home. Patients have access to the same quality of care they would receive at Abbott Northwestern Hospital in Minneapolis, but with the added convenience of location, nearby freeway access, ample parking and a location that's easy to navigate.

WestHealth is the medical destination of the west metro for preventive care, as well as for serious conditions. As the WestHealth campus continues to expand and add new outpatient and support services, patients benefit by receiving the right care, at the right time, closer to home.

AllinaHealth 

**ABBOTT
NORTHWESTERN
WestHealth**

Pharmacy, Gift & Snack Shop 763-577-7007

Located in the main lobby.

- Monday–Friday, 8 a.m. to 7:30 p.m.
- Saturday and Sunday, 10 a.m. to 6 p.m.

Additional amenities

- Vending machines are located in the east elevator lobby, in the Pharmacy and in the Emergency Department.
- A U.S. Bank ATM is available between the café and southeast stairwell in the East Building.
- Free high-speed internet access is available in all waiting areas. No password is required.
- A US Postal Service mailbox is located directly outside the southwest entrance.

Dining options

WestHealth Café: Café Espresso

Café Espresso is accessible to patients, families and staff. Open Monday–Friday, 7 a.m. to 4 p.m. offering breakfast and lunch options, bakery items and a variety of coffee and non-coffee beverage choices.

McDonald's

McDonald's is open daily 5 a.m. to 11 p.m., the drive-thru is open 24 hours a day. This location is within walking distance of Abbott Northwestern – WestHealth, serving the traditional fare of burgers and fries.

Subway

Subway is open Monday–Friday, 7 a.m. to 10 p.m., Saturday, 8 a.m. to 10 p.m. and Sunday, 9 a.m. to 10 p.m.. Within walking distance of Abbott Northwestern – WestHealth, this location serves the traditional fare of sandwiches in addition to breakfast sandwiches and salads.

Solo's Pizza

Solo's Pizza is open Monday–Friday, 11 a.m. to 9 p.m. and is within walking distance of Abbott Northwestern – WestHealth. Solo's Pizza offers pizza and salads.

Caribou Coffee

Caribou Coffee is open Monday–Friday, 5 a.m. to 8 p.m., Saturday, 6:30 a.m. to 8 p.m. and Sunday, 7 a.m. to 7 p.m.. Within walking distance of Abbott Northwestern – WestHealth, this location serves hot and cold

beverages, baked goods, sandwiches and other small café snacks.

Nearby accommodations

Abbott Northwestern – WestHealth has established preferred rates with hotels in the area for patients, visitors and staff.

Crowne Plaza – Minneapolis West

3131 Campus Drive, Plymouth
763-559-6600

- \$131/night*
- Special 30+ day rates available

Residence Inn & TownePlace Suites – Minneapolis West

2750 Annapolis Circle, Plymouth
763-577-1600

- 1-5 nights: \$135*
- 6-13 nights: \$119*
- 14-29 nights: \$109*
- 30+ nights: \$99*

Comfort Inn

3000 Harbor Lane, Plymouth
763-559-1222

- \$89/night*

**Rates subject to change*

Getting to Abbott Northwestern – WestHealth

Abbott Northwestern – WestHealth is conveniently located at I-494 and Hwy 55 in Plymouth.

From the Southwest

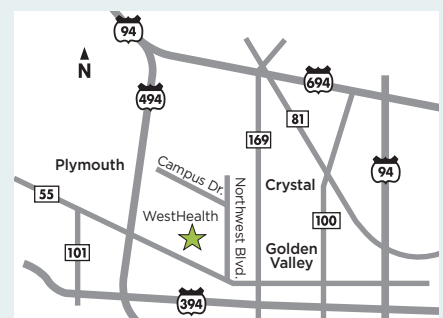
- Take I-494 North to Hwy 55 East
- Take Hwy 55 East to Northwest Blvd.
- Turn left on Northwest Blvd.
- Turn left on Campus Dr.

From the Northwest

- Take I-94 to I-494 South
- Take I-494 South to Hwy 55 East
- Take Hwy 55 East to Northwest Blvd.
- Turn left on Northwest Blvd.
- Turn left on Campus Dr.

From the Southeast

- Take I-394 West to Hwy 169 North
- Take Hwy 169 North to Hwy 55 West
- Take Hwy 55 West to Northwest Blvd.
- Turn right on Northwest Blvd.
- Turn left on Campus Dr.



From the Northeast

- Take I-694 West to Hwy 169 South
- Take Hwy 169 South to Hwy 55 West
- Take Hwy 55 West to Northwest Blvd.
- Turn right on Northwest Blvd.
- Turn left on Campus Dr.

Primary & Specialty Care

Abbott Northwestern General Medicine Associates (ANGMA) 952-914-8100 | Suite 325

Primary care for adults seeking diagnostic and therapeutic care for acute health problems, medical management for ongoing health concerns and age-appropriate preventive health services.

Allina Health Plymouth Clinic 763-577-7400 | Suite 400

Multi-specialty clinic offering services in:

- e-visits through MyChart
- chiropractic care
- diabetes education
- gastroenterology
- general surgery
- infectious disease
- internal medicine
- medical imaging
- mental health
- occupational health
- podiatry (foot medicine and surgery)
- rheumatology
- sports medicine.

To contact Occupational Health Services for work injury care, physician evaluations and screenings, call 763-236-2663.

Minneapolis Heart Institute® 763-577-7615 | Suite 125

Offering specialty care for a wide range of heart and vascular conditions. Services include preventive cardiology, advanced heart failure, vascular care and hearth rhythm management. Unique programs include:

- cardiac device clinic
- preventive cardiology clinic
- vascular & endovascular services
- women's heart health program
- dietitian consultation
- diagnostic testing.

Nasseff Spine Center 763-236-5550 | Suite 345

Offering comprehensive, evidence-based spine care from a multi-disciplinary team. Services provided include medical management and non-surgical interventional therapy. Conditions treated include:

- low and upper back pain
- neck pain
- sciatica
- stenosis
- spondylolisthesis
- disk degeneration
- herniated discs
- nerve root injuries
- fractures
- kyphosis
- lordosis
- arthritis.

Physical therapy services available from Courage Kenny Sports & Physical Therapy.

Piper Breast Center,® part of the Virginia Piper Cancer Institute® 763-577-7676 | First floor

Comprehensive breast health clinic providing breast screening, including 2-D and 3-D digital mammography; diagnostic imaging; lumpectomy; and sentinel lymph node biopsy in a comfortable and private setting.

Additional services include:

- medical oncology consultation
- surgical consultation
- genetic counseling
- care coordination.

Sports & Orthopaedic Specialists 952-946-9777 | Suite 465

Providers are fellowship-trained subspecialists who focus only on one or two joints of the body, giving the patient piece of mind that the physician is an expert on the condition for which they are seeking care. Specialties include:

- primary care sports medicine
- sports medicine
- shoulders, elbows and knees
- minimally invasive knee replacement
- total shoulder and reverse shoulder replacement
- arthroscopic repair of shoulder, elbow and knee injuries, including rotator cuff, labrum, "Tommy John" surgery (UCL reconstruction), meniscus and ACL reconstruction
- cartilage restoration in knee, shoulder and elbow.

Women's Health Consultants 612-333-4822 | Suite 610

Group of highly trained physicians and nurses, providing specialized health care services to women of all ages and lifestyles. In addition to offering well women and preventive health care services, providers are highly trained to address gynecology and urogynecology needs including the evaluation and treatment of:

- abnormal bleeding and fibroids
- incontinence
- infertility
- pelvic floor disorders
- menopause.



Therapeutic Care

Courage Kenny Sports & Physical Therapy

763-236-5555 | Suite 345

Specially trained therapists use evidence-based treatments to enhance the function and independence of every patient served. Therapists provide the following services:

- sports and orthopedic care
- cancer rehabilitation and lymphedema treatment
- physical performance testing and functional capacity evaluation
- RunSMART
- CycleSMART.

Care is coordinated with the referring physician to provide timely and effective communications every step of the way.

Penny George™ Institute for Health and Healing

612-863-3333 | Suite 115

Offering holistic health services to help patients make lifestyle changes and manage chronic pain or illness. Services include:

- integrative medicine consultations with a doctor or nurse clinician
- acupuncture
- nutrition counseling
- health coaching to make lifestyle changes
- stress management
- weight management
- pain management
- tobacco cessation
- fitness profiles and training.

Acute or Transitional Care

Emergency Department and Urgent Care

763-577-7160

Our combined Emergency Department and Urgent Care is open 24 hours a day and is staffed by providers from Abbott Northwestern Hospital and Children's Hospitals and Clinics of Minnesota. All patients will be triaged to determine the level of care they require.

Same-day Surgery Center

763-577-7240

A skilled team of surgeons provides same-day surgery to children and adults whose treatment does not require an overnight hospital stay. The team of experienced anesthesia staff, registered nurses, surgical technicians and surgeons work together to ensure each patient experiences superior surgical results in a safe, comfortable and private setting.

Interlude Transitional Care Unit Opening in early 2015

Operated in collaboration with Presbyterian Homes & Services, the transitional care unit will provide care for patients who need additional medical care or supervision before going home, but do not need the inpatient services of a hospital. There are 50 private suites for transitional or short-term care and five comfort suites for patients recovering from outpatient surgery.

Support Services

Allina Health Laboratory

763-577-7112 | Suite 215

All medical laboratory technicians are fully certified and are proficient at drawing blood for laboratory analysis. Any patient can have lab tests performed with a written order and diagnosis from an in-state medical doctor. No appointment is necessary and most lab results are available to the provider the same day. Lab services include:

- standard chemistry
- hematology
- microbiology
- serology testing.

Allina Health Pharmacy

763-577-7007

In order to meet prescription needs, the pharmacy is stocked with a wide range of medication for children and adults. Customers do not need to be Allina Health patients to use the pharmacy services, and pharmacists are always available to answer prescription questions in person or by phone.

- Monday–Friday, 8 a.m. to 7:30 p.m.
- Saturday and Sunday, 10 a.m. to 6 p.m.

After-hours pharmacy information is available at the information desk or Emergency Department.

Medical Imaging, a service of Abbott Northwestern Hospital

763-577-7133

To give patients the peace of mind that they are in the hands of qualified experts, all registered technologists have specialty certification, and all imaging results are read and interpreted by board-certified radiologists. Medical imaging capabilities include:

- X-ray
- MRI and CT scans
- ultrasound
- fluoroscopy
- bone density scans.

Patient & Visitor Guide

Parking

Free parking is available in the surface lots in front and in back of building. Complimentary valet services are available 8 a.m. to 5 p.m.

Information Desk

763-577-7000

Located in the main lobby, the information desk staff can help with directions, general inquiries and wheelchair requests.

- Monday–Friday, 8 a.m. to 4:30 p.m.