

2018

Provider Directory

Directorio de proveedores

Humana MyOptionSM Optional Supplemental Benefits
North Dakota

Humana MyOptionSM Optional Supplemental Benefits (OSB) Provider Directory

This directory is current as of 12/04/2018.

This directory lists network providers for Humana MyOptionSM optional supplemental benefits (OSB).

The service area for your Humana MyOption OSB is the same as the service area for your Medicare Advantage plan. Please consult your Medicare Advantage plan Evidence of Coverage for a full service area listing.

Some providers may be in-network for your OSB, but are outside the service area for your Medicare Advantage plan. Providers in this directory will be considered in network for your OSB.

The providers are independent contractors. They are not agents or employees of Humana.

To get the most up-to-date details about **Humana MyOptionSM OSB network providers** in your area, please visit our website at **Humana.com**.

For coverage details about your OSB, call Humana's Customer Care team, **for dental and fitness, call 1-800-457-4708 and for vision, call 1-888-289-0595**. If you use a TTY, call **711**. You can call us seven days a week, from 8 a.m. - 8 p.m. However, please note that our automated phone system may answer your call during weekends and holidays from February 15 - September 30. Please leave your name and telephone number, and we'll call you back by the end of the next business day.

This document is available in other formats such as Braille and large print. Contact Customer Care for more information.

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Introduction

This directory lists Humana MyOptionSM OSB network providers who may be available to you, depending on which OSB you purchase. OSB availability will also depend upon the Medicare Advantage plan you purchase. This directory also includes basic information on how to get your Humana MyOption OSB covered services. For more information on your OSB, please see your Evidence of Coverage or call Customer Care. Details on how to reach Customer Care appear on page 3.

The network providers listed in this directory have agreed to provide you with your dental, vision, or fitness services. You may go to any of our network providers listed in this directory.

What is the service area for Humana MyOptionSM OSB?

The service area for your Humana MyOption OSB is the same as the service area for your Medicare Advantage plan. Please consult your Medicare Advantage plan Evidence of Coverage for a full service area listing. Some providers may be in-network for your OSB, but are outside the service area for your Medicare Advantage plan. Providers in this directory will be considered in network for your OSB.

How do you find Humana MyOptionSM OSB providers in your area?

Providers are listed in this directory by the type of provider, then by county or parish.

For provider information, you can go to **Humana.com** or see the relevant section of this directory or call Customer Care. Details on how to reach Customer Care appear on page 3.

What if you use out-of-network providers?

Please note: Not all optional supplemental benefits have out-of-network coverage. Please see your Evidence of Coverage to determine if out-of-network services are covered.

If you use out-of-network providers, your out-of-pocket costs may be higher or you may have to pay the entire amount. To get details about your OSB, please see your Evidence of Coverage or call Customer Care. Details on how to reach Customer Care appear on page 3.

Ask the out-of-network provider to bill us first for dental or vision covered services. If you've already paid for the covered services, we'll pay you back for our share of the cost.

Accessing Your MyOptionSM Benefits

The following includes basic information about Humana MyOption OSB covered services. The information is about OSBs that may or may not be available to you and depends upon the Medicare Advantage plan you purchase. For more information about your OSB package, please see your Evidence of Coverage or call Customer Care. Details on how to reach Customer Care appear on page 3.

MyOptionSM Dental – High PPO

Your MyOption Dental – High PPO benefit includes dental benefits. To access your dental benefits, please refer to the dental section of this book or call Customer Care. Details on how to reach Customer Care appear on page 3.

For details about your benefit, see your Evidence of Coverage. If you prefer, call the number on the back of your Humana member ID card.

MyOptionSM Dental Advantage PPO

Your MyOption Dental Advantage PPO benefit includes dental benefits. To access your dental benefits, please refer to the dental section of this book or call Customer Care. Details on how to reach Customer Care appear on 3.

For details about your benefit, see your Evidence of Coverage. If you prefer, call the number on the back of your Humana member ID card.

MyOptionSM Vision

Your MyOption Vision benefit includes vision benefits. To access your vision benefits, please refer to the vision section of this book or call Customer Care. Details on how to reach Customer Care appear on page 3.

For details about your benefit, see your Evidence of Coverage. If you prefer, call the number on the back of your Humana member ID card.

MyOptionSM Plus

Your MyOption Plus benefit includes dental and vision benefits. To access your dental or vision benefits, please refer to the dental or vision sections of this book or call Customer Care. Details on how to reach Customer Care appear on page 3.

For details about your benefit, see your Evidence of Coverage. If you prefer, call the number on the back of your Humana member ID card.

MyOptionSM Fitness

MyOption Fitness has two main parts:

1. The SilverSneakers® Fitness program
2. Online Resources

See below for information on how to access your benefits.

1. The SilverSneakers® Fitness program

You'll receive a membership at any SilverSneakers Fitness participating location. You have access to more than 11,000 locations across the country.

You can find your nearest fitness location in this directory or at www.silversneakers.com. Search near your home or a vacation spot. If you need details, call the number on the back of your Humana member ID card or call SilverSneakers at 1-888-423-4632 (TTY: 711), Monday - Friday, 8 a.m. - 8 p.m. Eastern Time.

To get started, choose a fitness location and take your Humana or SilverSneakers ID card with you to the fitness center. The fitness center may ask you to sign a form before using their center, but there should be no additional cost to you. However, some centers may offer optional additional services for an additional fee.

2. Online Resources

Your benefit provides access to www.silversneakers.com. On the website, you can use a full range of tools for healthy change.

For details about your benefit, see your Evidence of Coverage or call the number on the back of your Humana member ID card.

Directorio de Proveedores de beneficios suplementarios opcionales (OSB, por sus siglas en inglés) de Humana MyOptionSM

Este directorio es vigente a fecha de **12/04/2018**.

Este directorio enumera los proveedores de la red para los beneficios suplementarios opcionales (OSB) de Humana MyOptionSM.

El área de servicio de los OSB de Humana MyOption es la misma área de servicio que la de su plan Medicare Advantage. Consulte la Evidencia de cobertura de su plan Medicare Advantage para ver una lista completa del área de servicio.

Algunos proveedores podrían formar parte de la red de sus OSB, pero estar fuera del área de servicio de su plan Medicare Advantage. Para sus OSB se considerará que los proveedores de este directorio forman parte de la red.

Los proveedores son contratistas independientes. No son agentes ni empleados de Humana.

Para obtener la información más actualizada acerca de **los proveedores de la red de OSB de Humana MyOptionSM** en su área, visite nuestro sitio web en **espanol.humana.com**.

Para obtener detalles de la cobertura en relación con los OSB, llame al equipo de Atención al Cliente de Humana, **para beneficios dentales y de acondicionamiento físico, llame al 1-800-457-4708 y para beneficios para la vista, llame al 1-888-289-0595**. Si usa un TTY, llame al **711**. Puede llamarnos los siete días de la semana, de 8 a.m. a 8 p.m. No obstante, tenga en cuenta que, del 15 de febrero al 30 de septiembre, nuestro sistema telefónico automatizado podría responder su llamada durante los fines de semana y días festivos. Por favor, deje su nombre y número de teléfono, y le devolveremos la llamada antes del final del siguiente día laborable.

Este documento está disponible en otros formatos como Braille y letra grande. Contacte a Atención al cliente para obtener más información.

ESTA PÁGINA SE HA DEJADO EN BLANCO POR REQUISITOS DE IMPRESIÓN

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Introducción

Este directorio enumera los proveedores de la red de OSB de Humana MyOptionSM que podrían estar disponibles para usted, dependiendo de qué OSB compre. La disponibilidad de los OSB también dependerá del plan Medicare Advantage que compre. Este directorio también incluye información básica acerca de cómo obtener los servicios cubiertos de OSB de Humana MyOption. Para obtener más información acerca de sus OSB, consulte su Evidencia de cobertura o llame a Atención al Cliente. Encontrará información detallada acerca de cómo comunicarse con Atención al Cliente en la página 9.

Los proveedores de la red que aparecen en este directorio han aceptado proporcionarle sus servicios dentales, para la vista o de acondicionamiento físico. Usted puede consultar a cualquiera de los proveedores de nuestra red que se indican en este directorio.

¿Cuál es el área de servicio de los OSB de Humana MyOptionSM ?

El área de servicio de los OSB de Humana MyOption es la misma área de servicio que la de su plan Medicare Advantage. Consulte la Evidencia de Cobertura de su plan Medicare Advantage para ver una lista completa del área de servicio. Algunos proveedores podrían formar parte de la red de sus OSB, pero estar fuera del área de servicio de su plan Medicare Advantage. Para sus OSB, se considerará que los proveedores de este directorio forman parte de la red.

¿Cómo puede encontrar proveedores de OSB de Humana MyOptionSM en su área?

En este directorio, los proveedores aparecen ordenados por tipo, y luego por condado o parroquia.

Para obtener información sobre los proveedores, puede visitar **espanol.humana.com** o consultar la sección pertinente de este directorio o llamar a Atención al Cliente. Encontrará información detallada acerca de cómo comunicarse con Atención al Cliente en la página 9.

¿Qué sucede si utiliza proveedores fuera de la red?

Tenga en cuenta: no todos los beneficios suplementarios opcionales tienen cobertura fuera de la red. Consulte su Evidencia de Cobertura para determinar si los servicios fuera de la red están cubiertos.

Si utiliza proveedores fuera de la red, sus gastos de desembolso personal podrían ser más altos o quizás deba pagar la cantidad completa. Para obtener información detallada acerca de sus OSB, consulte su Evidencia de Cobertura o llame a Atención al Cliente. Encontrará información detallada acerca de cómo comunicarse con Atención al Cliente en la página 9.

Pídale al proveedor fuera de la red que nos envíe la factura primero por servicios dentales o para la vista cubiertos. Si usted ya pagó por los servicios cubiertos, nosotros le reembolsaremos la parte del costo que nos corresponde.

Acceso a sus beneficios MyOptionSM

A continuación, encontrará información básica acerca de los servicios cubiertos de OSB de Humana MyOption. La información es acerca de los OSB que podrían o no estar disponibles para usted y depende del plan Medicare Advantage que compre. Para obtener más información acerca de su paquete de OSB, consulte su Evidencia de Cobertura o llame a Atención al Cliente. Encontrará información detallada acerca de cómo comunicarse con Atención al Cliente en la página 9.

MyOptionSM Dental – High PPO

Su beneficio MyOption Dental – High PPO incluye beneficios dentales. Para acceder a sus beneficios dentales, consulte la sección correspondiente a servicios dentales en este libro o llame a Atención al cliente. Encontrará información detallada acerca de cómo comunicarse con Atención al cliente en la página 9.

Para obtener información detallada sobre su beneficio, consulte su Evidencia de cobertura. Si lo prefiere, llame al número que aparece al reverso de su tarjeta de identificación de afiliado de Humana.

MyOptionSM Dental Advantage PPO

Su beneficio MyOption Dental Advantage PPO incluye beneficios dentales. Para acceder a sus beneficios dentales, consulte la sección correspondiente a servicios dentales en este libro o llame a Atención al cliente. Encontrará información detallada acerca de cómo comunicarse con Atención al cliente en la página 9.

Para obtener información detallada sobre su beneficio, consulte su Evidencia de cobertura. Si lo prefiere, llame al número que aparece al reverso de su tarjeta de identificación de afiliado de Humana.

MyOptionSM Vision

Su beneficio MyOption Vision incluye beneficios para la vista. Para acceder a sus beneficios para la vista, consulte la sección correspondiente a servicios para la vista en este libro o llame a Atención al cliente. Encontrará información detallada acerca de cómo comunicarse con Atención al cliente en la página 9.

Para obtener información detallada sobre su beneficio, consulte su Evidencia de Cobertura. Si lo prefiere, llame al número que aparece al reverso de su tarjeta de identificación de afiliado de Humana.

MyOptionSM Plus

Su beneficio de MyOption Plus incluye beneficios dentales y para la vista. Para acceder a sus beneficios dentales o para la vista, consulte la sección correspondiente a servicios dentales o para la vista en este libro o llame a Atención al cliente. Encontrará información detallada acerca de cómo comunicarse con Atención al cliente en la página 9.

Para obtener información detallada sobre su beneficio, consulte su Evidencia de Cobertura. Si lo prefiere, llame al número que aparece al reverso de su tarjeta de identificación de afiliado de Humana.

MyOptionSM Fitness

MyOptionSM Fitness tiene dos partes principales:

1. El programa de acondicionamiento físico SilverSneakers[®]
2. Recursos en línea

A continuación, encontrará información acerca de cómo acceder a sus beneficios.

1. El programa de acondicionamiento físico SilverSneakers[®]

Recibirá una membresía a cualquier establecimiento que participe en el programa de acondicionamiento físico SilverSneakers. Usted tiene acceso a más de 11,000 establecimientos en todo el país.

Encontrará el establecimiento de acondicionamiento físico más cercano en este directorio o en www.silversneakers.com. Busque cerca de su casa o de un lugar de vacaciones. Si necesita más información, llame al número que aparece al reverso de su tarjeta de identificación de afiliado de Humana o llame a SilverSneakers al 1-888-423-4632 (TTY: 711), de lunes a viernes de 8 a.m. a 8 p.m., hora del este.

Para comenzar, elija un establecimiento de acondicionamiento físico y lleve con usted su tarjeta de identificación de Humana o SilverSneakers al centro de acondicionamiento físico. El centro de acondicionamiento físico podría pedirle que firme un formulario antes de utilizar el centro, pero no debería haber ningún costo adicional para usted. Sin embargo, algunos centros pueden ofrecer servicios adicionales opcionales a cambio de un cargo adicional.

2. Recursos en línea

Su beneficio le proporciona acceso a www.silversneakers.com. En el sitio web, puede utilizar una gran variedad de herramientas para un cambio saludable.

Para obtener información detallada sobre su beneficio, consulte la Evidencia de cobertura o llame al número que aparece al reverso de su tarjeta de identificación de afiliado de Humana.

Discrimination is Against the Law

Humana Inc. and its subsidiaries comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex. Humana Inc. and its subsidiaries do not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Humana Inc. and its subsidiaries provide:

- Free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.
- Free language services to people whose primary language is not English when those services are necessary to provide meaningful access, such as translated documents or oral interpretation.

If you need these services, call 1-800-281-6918, or if you use a TTY, call 711.

If you believe that **Humana Inc. and its subsidiaries** have failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

Discrimination Grievances

P.O. Box 14618
Lexington, KY 40512 - 4618

If you need help filing a grievance, call 1-800-281-6918 or if you use a TTY, call 711.

You can also file a civil rights complaint with the **U.S. Department of Health and Human Services**, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services

200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201

1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>

La discriminación es contra la ley

Humana, Inc. y sus subsidiarias cumplen con todas las leyes aplicables de derechos civiles federales y no discriminan por motivos de raza, color de la piel, origen nacional, edad, discapacidad o sexo. Humana Inc. y sus subsidiarias no excluyen a nadie, ni los tratan de manera diferente por motivos de raza, color de la piel, origen nacional, edad, discapacidad o sexo.

Humana Inc. y sus subsidiarias proporcionan:

- Ayudas y servicios auxiliares gratuitos, como por ejemplo intérpretes acreditados para hablar por señas, interpretación remota por video e información escrita en otros formatos para personas con discapacidades cuando dichas ayudas y servicios auxiliares sean necesarios para garantizar la igualdad de oportunidades de participación.
- Servicios gratuitos de idiomas para personas cuyo idioma principal no es el inglés, cuando dichos servicios sean necesarios para proporcionar acceso útil, tales como documentos traducidos o interpretación oral.

Si necesita estos servicios, llame al 1-800-281-6918 o bien, si utiliza un TTY, llame al 711.

Si usted cree que **Humana Inc. y sus subsidiarias** han fallado en proveer estos servicios o le han discriminado de otra forma por motivos de raza, color de la piel, origen nacional, edad, discapacidad o sexo, puede presentar una queja formal ante:

Discrimination Grievances
P.O. Box 14618
Lexington, KY 40512 - 4618

Si necesita ayuda para presentar una queja formal, llame al 1-800-281-6918 o bien, si utiliza un TTY, llame al 711.

También puede presentar una queja de derechos civiles con el **Departamento de Salud y Servicios Humanos**, Oficina de Derechos Civiles, por medios electrónicos a través del portal de quejas de la Oficina de Derechos Civiles, en: <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, por correo postal o por teléfono al:

U.S. Department of Health and Human Services

200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201

1-800-368-1019, 800-537-7697 (TDD)

Los formularios de quejas están disponibles en <http://www.hhs.gov/ocr/office/file/index.html>

Multi-Language Interpreter Services

English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 1-800-281-6918 **(TTY: 711)**.

Español (Spanish): ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-281-6918 **(TTY: 711)**.

繁體中文 (Chinese): 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-281-6918 **(TTY: 711)**。

Tiếng Việt (Vietnamese): CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-281-6918 **(TTY: 711)**.

한국어 (Korean): 주의 : 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-800-281-6918 **(TTY: 711)** 번으로 전화해 주십시오 .

Tagalog (Tagalog – Filipino): PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-800-281-6918 **(TTY: 711)**.

Русский (Russian): ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-281-6918 **(телетайп: 711)**.

Kreyòl Ayisyen (French Creole): ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-800-281-6918 **(TTY: 711)**.

Français (French): ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-800-281-6918 **(ATS : 711)**.

Polski (Polish): UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-800-281-6918 **(TTY: 711)**.

Português (Portuguese): ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-800-281-6918 **(TTY: 711)**.

Italiano (Italian): ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-800-281-6918 **(TTY: 711)**.

Deutsch (German): ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-800-281-6918 **(TTY: 711)**.

日本語 (Japanese): 注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。1-800-281-6918 **(TTY : 711)** まで、お電話にてご連絡ください。

فارسی (Farsi):

توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با 1-800-281-6918 **(TTY: 711)** تماس بگیرید.

Diné Bizaad (Navajo): Díí baa akó nínízin: Díí saad bee yáníłti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jiik'eh, éí ná hóló, kojí' hódíłnih 1-800-281-6918 **(TTY: 711)**.

العربية (Arabic):

ملحوظة: إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-800-281-6918 **(رقم هاتف الصم والبكم: 711)**.

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List of Network Providers

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MyOption Dental Providers

This listing of MyOption Dental providers is only to help you find a provider for dental services such as routine exams, X-rays, cleanings, and more. For more information about your benefit, see your Evidence of Coverage.

NORTH DAKOTA

BURLEIGH COUNTY

Dentist - General Practice

MIDSTOKKE FAMILY DENTISTRY PC

2940 N 19th St
Ste 3
Bismarck, ND 58503
(701) 255-0475

Midstokke, Steven J DDS

Northland Clinics

914 S 12th St
Ste 101
Bismarck, ND 58504
(701) 255-4242

Krasniqi, Bardha DMD

Northland Community Health Center

914 S 12th St
Ste 101
Bismarck, ND 58504
(701) 255-4242

Krasniqi, Bardha DMD

Northland Community Health Center Bismarck

914 S 12th St
Ste 101
Bismarck, ND 58504
(701) 255-4242

Krasniqi, Bardha DMD

Northland Community Health Center Bowbells

914 S 12th St
Ste 101
Bismarck, ND 58504
(701) 255-4242

Krasniqi, Bardha DMD

Northland Community health Center Mcclusky

914 S 12th St
Ste 101
Bismarck, ND 58504
(701) 255-4242

Krasniqi, Bardha DMD

Northland Community Health Center Rolette

914 S 12th St
Ste 101
Bismarck, ND 58504
(701) 255-4242

Krasniqi, Bardha DMD

Northland Community Health Center Rolla

914 S 12th St
Ste 101
Bismarck, ND 58504
(701) 255-4242

Krasniqi, Bardha DMD

Northland health Partners Community Health Center

914 S 12th St
Ste 101
Bismarck, ND 58504
(701) 255-4242

Krasniqi, Bardha DMD

CASS COUNTY

Dentist - General Practice

About Smiles Dental LLC

4575 23rd Ave S
Ste 1200
Fargo, ND 58104
(701) 356-4077

Sampson, Svetlana K DDS

WALKER, DEVIN G DDS

Calderon Dental Group Inc

4302 13th Ave S
Ste 10
Fargo, ND 58103
(701) 281-8000

HAMPTON, JOSEPH H DDS

Day, Joshua B.

4302 13th Ave S
Ste 10
Fargo, ND 58103
(701) 281-8000

DAY, JOSHUA DDS

Eaton Dental PLLC

1338 Gateway Dr S
Fargo, ND 58103
(701) 232-1664

Eaton, Matthew J DDS

Smith, Meghan M DDS

Eaton, Matthew J DDS

Family Healthcare Center

301 Np Ave N
Fargo, ND 58102
(701) 271-6387

ARNESON, PEDER DDS

Family HealthCare Center

301 Np Ave N
Fargo, ND 58102
(701) 271-6387

DAY, JOSHUA DDS

Family Healthcare Center

301 Np Ave N
Fargo, ND 58102
(701) 271-6387

HIEB, MATTHEW W DDS

Family HealthCare Center

301 Np Ave N
Fargo, ND 58102
(701) 271-6387

KYLLO, LISA DDS

Fargo Moorhead Dental and Dentures

4302 13th Ave S
Ste 10
Fargo, ND 58103
(701) 281-8000

BUDHIRAJ, ANISHA DDS

DAY, JOSHUA DDS

Dube, Nomuhle DDS

Quamme, Brian J DDS

RAI, DANNY M DDS

Vogelsang, David R DDS

WALKER, DEVIN G DDS

Jonathan P Dahl DDS PC

1324 23rd St S
Ste 1A
Fargo, ND 58103
(701) 237-5616

DAHL, JONATHAN P DDS

Gieseke, Courtney M DDS

MACK, ROBERT D DDS

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MyOption Dental Providers

Krista Johnson DMD PLLC
1650 45th St S
Ste 108
Fargo, ND 58103
(701) 526-4652
Beltran, Katalina DMD
JOHNSON, KRISTA M DMD
MILLER, EMILY A DMD
NAPOLES, ALAN J DDS

ND Dentistry PC
1650 45th St S
Ste 108
Fargo, ND 58103
(701) 526-4652
Austriaco, Jerome DDS
Gandhi, Upasna DDS
Grewal, Navneet K DDS
GUERRA BENIQUE, HANS W DDS
JOHNSON, KRISTA M DMD
MILLER, EMILY A DMD
PHUNG, LONG N DDS
SCHNEIBEL, KATHRYN E DMD

Dentistry - Oral & Maxillofacial

OMS Associates
300 Main Ave
Ste 201
Fargo, ND 58103
(701) 232-9565
Noffze, Michael J DDS, MD

Dentistry - Public Health

OMS Associates
300 Main Ave
Ste 201
Fargo, ND 58103
(701) 232-9565
Noffze, Michael J DDS, MD

VALLEY ORAL AND FACIAL SURGERY PC
3187 Bluestem Dr
Ste 4
West Fargo, ND 58078
(701) 235-7379
SCHNEIDER, RUDY J DDS

GRAND FORKS COUNTY

Dentist - General Practice

D Tran DDS PC
600 DeMers Ave
Ste 304
Grand Forks, ND 58201
(701) 775-7611
TRAN, DUC V DDS

Dakota Dental Associates
4000 17th Ave S
Grand Forks, ND 58201
(701) 775-0641
Bothun, Christopher P DDS
Cummings, Rachel M DDS

Daniel J Schefter DDS
3001 32nd Ave S
Ste B
Grand Forks, ND 58201
(701) 775-7005
SCHEFTER, DANIEL J DDS

3001 B 32ND AVE S
STE 1B
GRAND FORKS, ND 58201
(701) 775-7005

Manke Family Dentistry
1321 S Washington St
Grand Forks, ND 58201
(701) 772-6901
Manke, Lauren R DDS
Manke, Rory B DDS

2401 S Washington St
Ste B
Grand Forks, ND 58201
(701) 772-8158

ND Dentistry PC
3300 32nd Ave S
Ste 103
Grand Forks, ND 58201
(701) 765-3494
Austriaco, Jerome DDS
Beltran, Katalina DMD
Grewal, Navneet K DDS
GUERRA BENIQUE, HANS W DDS
NAPOLES, ALAN J DDS
PHUNG, LONG N DDS
SCHNEIBEL, KATHRYN E DMD
SCHEFTER, DANIEL J DDS
3001 32nd Ave S
Ste B
Grand Forks, ND 58201
(701) 775-7005
SCHEFTER, DANIEL J DDS

Dentistry - Public Health

VALLEY ORAL AND FACIAL SURGERY PC
1165 S Columbia Rd
Ste C
Grand Forks, ND 58201
(701) 772-7379
PETERSEN, TROY R DMD
SCHNEIDER, RUDY J DDS
TANABE, MARCUS B DDS

RICHLAND COUNTY

Dentist - General Practice

DEVSI, MANMOHAN S DDS
324 Dakota Ave
Wahpeton, ND 58075
(701) 642-2644
DEVSI, MANMOHAN S DDS

MANMOHAN DEVSI DDS
324 Dakota Ave
Wahpeton, ND 58075
(701) 642-2644
DEVSI, MANMOHAN S DDS

PIERRE M DEVSI DDS
324 Dakota Ave
Wahpeton, ND 58075
(701) 642-2644
DEVSI, MANMOHAN S DDS

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MyOption Vision Providers

This listing of MyOption Vision providers is only to help you find a provider for routine vision exams and eye wear, such as glasses or contact lenses. For information about your benefit, see your Evidence of Coverage.

NORTH DAKOTA

BARNES COUNTY

Optometrist

FROHLICH, DOUGLAS L, O.D.
200 CENTRAL AVE N
STE F
VALLEY CITY, ND 58072
(701) 845-5000

BOWMAN COUNTY

Optometrist

NASH, HEIDI J, O.D.
16 W DIVIDE
BOWMAN, ND 58623
(701) 523-7707

STUHL, SARAH J, O.D.
16 W DIVIDE
BOWMAN, ND 58623
(701) 523-7707

TRIMBLE, JAMES E, O.D.
16 W DIVIDE
BOWMAN, ND 58623
(701) 523-7707

BURLEIGH COUNTY

Optometrist

ABRAHAMSON, MELISSA A, O.D.
600 KIRKWOOD MALL
BISMARCK, ND 58504
(701) 250-3185

BENCKER, SHANON S, O.D.
738 KIRKWOOD MALL
BISMARCK, ND 58504
(701) 258-8810

CONNELLY, JAMES B, O.D.
738 KIRKWOOD MALL
BISMARCK, ND 58504
(701) 258-8810

MRACHEK, MARTY J, O.D.
2700 STATE ST
BISMARCK, ND 58501
(701) 221-4988

REMBOLDT, DAVID M, O.D.
738 KIRKWOOD MALL
BISMARCK, ND 58504
(701) 258-8810

CASS COUNTY

Optometrist

ARCHIBALD, STACEY, O.D.
WEST ACRES SHOPPING
CENTER
3902 13TH AVE S
FARGO, ND 58103
(701) 277-3140

BARRETT, ERIN L, O.D.
4622 40TH AVE S
FARGO, ND 58104
(701) 364-8900

BROOKSHIRE, BARBRA B, O.D.
3139 BLUESTEM DR
STE 112
WEST FARGO, ND 58078
(701) 353-7136

3902 13TH AVE S
STE 2517
FARGO, ND 58103
(701) 282-5880

CONNELLY, JAMES B, O.D.
3051 25TH ST SOUTH
STE K2
FARGO, ND 58103
(701) 234-0766

CRISLER, DARREL L, O.D.
3120 25TH ST SOUTH
STE X
FARGO, ND 58103
(701) 234-9768

3402 13TH AVE S
FARGO, ND 58103
(701) 234-0939

DARVEAUX, ANGELA K, O.D.
WEST ACRES SHOPPING
CENTER
3902 13TH AVE S
FARGO, ND 58103
(701) 277-3140

DILLAVOU, NICHOL K, O.D.
WEST ACRES SHOPPING
CENTER
3902 13TH AVE S
FARGO, ND 58103
(701) 277-3140

GULER, CARISSA, O.D.
WEST ACRES SHOPPING
CENTER
3902 13TH AVE S
FARGO, ND 58103
(701) 277-3140

GUNHUS, DON W, O.D.
BEST PLAZA
3232 13TH AVE SOUTH
FARGO, ND 58103
(701) 280-3000

JANGULA, JORDAN J, O.D.
3139 BLUESTEM DR
STE 112
WEST FARGO, ND 58078
(701) 353-7136

3902 13TH AVE S
STE 2517
FARGO, ND 58103
(701) 282-5880

KENSOK, SHARI L, O.D.
3051 25TH ST SOUTH
STE K2
FARGO, ND 58103
(701) 234-0766

KOEPPE, MICHAEL A, O.D.
BEST PLAZA
3232 13TH AVE SOUTH
FARGO, ND 58103
(701) 280-3000

KOSIR, KRISTEN N, O.D.
3120 25TH ST SOUTH
STE X
FARGO, ND 58103
(701) 234-9768

LARSON, JONATHAN D, O.D.
4622 40TH AVE S
FARGO, ND 58104
(701) 364-8900

MARI TRANA, JORDAN D, O.D.
1300 GATEWAY DR
FARGO, ND 58103
(701) 235-0280

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MyOption Vision Providers

MARI, JOHN L, O.D.
1300 GATEWAY DR
FARGO, ND 58103
(701) 235-0280

MCCAMY, ROBERT T, O.D.
3402 13TH AVE S
FARGO, ND 58103
(701) 234-0939

MELICHER, KEVIN L, O.D.
3902 13TH AVE S
STE 2517
FARGO, ND 58103
(701) 282-5880

MITZEL-DUBOIS, AMY M, O.D.
BEST PLAZA
3232 13TH AVE SOUTH
FARGO, ND 58103
(701) 280-3000

NELSON, JENNA K, O.D.
1100 19TH AVE N
FARGO, ND 58102
(701) 356-5355

4622 40TH AVE S
FARGO, ND 58104
(701) 364-8900

PRASAD, NIROPA M, O.D.
3120 25TH ST SOUTH
STE X
FARGO, ND 58103
(701) 234-9768

3402 13TH AVE S
FARGO, ND 58103
(701) 234-0939

REXINE, MICHAEL K, O.D.
311 N BROADWAY
FARGO, ND 58102
(701) 282-0081

ROSS, ERIC M, O.D.
3051 25TH ST SOUTH
STE K2
FARGO, ND 58103
(701) 234-0766

TUFTE, MARK G, O.D.
1801 45TH ST SOUTH
STE 6
FARGO, ND 58103
(701) 492-3937

311 N BROADWAY
FARGO, ND 58102
(701) 282-0081

WILLIAMSON, PATRICK A, O.D.
BEST PLAZA
3232 13TH AVE SOUTH
FARGO, ND 58103
(701) 280-3000

WILNER, MASON R, O.D.
3139 BLUESTEM DR
STE 112
WEST FARGO, ND 58078
(701) 353-7136

3902 13TH AVE S
STE 2517
FARGO, ND 58103
(701) 282-5880

DICKEY COUNTY

Optometrist

RATH, GEOFFREY A, O.D.
111 MAIN ST
ELLENDALE, ND 58436
(701) 349-3223

409 W MAIN ST
PO BOX 491
OAKES, ND 58474
(701) 742-3111

FOSTER COUNTY

Optometrist

FROHLICH, DOUGLAS L, O.D.
6712 HWY 200 E
CARRINGTON, ND 58421
(701) 652-2222

GRAND FORKS COUNTY

Optician

HEINZ, RACHAEL L, OPT.
2650 32ND AVE SOUTH
STE F3
GRAND FORKS, ND 58201
(701) 746-4240

MOSER, WADE A, OPT.
2650 32ND AVE SOUTH
STE F3
GRAND FORKS, ND 58201
(701) 746-4240

Optometrist

CONNELLY, JAMES B, O.D.
2800 S COLUMBIA RD
STE 301
GRAND FORKS, ND 58201
(701) 757-4100

GULER, CARISSA, O.D.
2800 S COLUMBIA RD
STE 301
GRAND FORKS, ND 58201
(701) 757-4100

JOHNSEN, MELISSA L, O.D.
COLUMBIA MALL
2800 COLUMBIA RD
GRAND FORKS, ND 58201
(701) 772-7767

LAGODINSKI CHRISTIAN, JULIE A, O.D.
2860 10TH AVE N
STE 350
GRAND FORKS, ND 58203
(701) 757-2121

MURIE, CAROL A, O.D.
2650 32ND AVE SOUTH
STE F3
GRAND FORKS, ND 58201
(701) 746-4240

SAFRATOWICH, SUSAN M, O.D.
2800 S COLUMBIA RD
STE 301
GRAND FORKS, ND 58201
(701) 757-4100

LAMOURE COUNTY

Optometrist

RATH, GEOFFREY A, O.D.
107 2ND AVE NE
LAMOURE, ND 58458
(701) 883-2020

MORTON COUNTY

Optometrist

LITTLE, DANIEL C, O.D.
107 6TH AVENUE NW
MANDAN, ND 58554
(701) 663-0313

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MyOption Vision Providers

SCHAUER, BRITTANY G, O.D.
107 6TH AVENUE NW
MANDAN, ND 58554
(701) 663-0313

SCHMIDT, TERRY D, O.D.
107 6TH AVENUE NW
MANDAN, ND 58554
(701) 663-0313

NELSON COUNTY

Optometrist

DUNHAM, THOMAS S, O.D.
116 MAIN DT
MCVILLE, ND 58254
(701) 322-5111

PEMBINA COUNTY

Optometrist

DUNHAM, THOMAS S, O.D.
104 E HIGHWAY 66
STE 102
DRAYTON, ND 58225
(701) 454-3340

RICHLAND COUNTY

Optometrist

CONNELLY, JAMES B, O.D.
517 DAKOTA AVE
WAHPETON, ND 58075
(701) 642-9302

PICKEN, JACE H, O.D.
315 11TH ST NORTH
STE A
WAHPETON, ND 58075
(701) 642-4090

ROSS, ERIC M, O.D.
517 DAKOTA AVE
WAHPETON, ND 58075
(701) 642-9302

WELDER, WILLIAM J, O.D.
315 11TH ST NORTH
STE A
WAHPETON, ND 58075
(701) 642-4090

SARGENT COUNTY

Optometrist

RATH, GEOFFREY A, O.D.
336 MAIN ST
FORMAN, ND 58032
(701) 724-2020

STARK COUNTY

Optometrist

BRUCKER, KATRIN B, O.D.
341 1ST ST E
DICKINSON, ND 58601
(701) 483-9141

HOFF, CANDACE K, O.D.
341 1ST ST E
DICKINSON, ND 58601
(701) 483-9141

KING, ALAN J, O.D.
341 1ST ST E
DICKINSON, ND 58601
(701) 483-9141

STUTSMAN COUNTY

Optometrist

FROHLICH, DOUGLAS L, O.D.
210 10TH ST SE
JAMESTOWN, ND 58401
(701) 252-5000

WARD COUNTY

Optometrist

ABRAHAMSON, MELISSA A, O.D.
1525 31ST AVENUE SW
SUITE E
MINOT, ND 58701
(701) 857-6050

DILLAVOU, NICHOL K, O.D.
1525 31ST AVENUE SW
SUITE E
MINOT, ND 58701
(701) 857-6050

ERICKSON, ARTHUR W, O.D.
3220 S BROADWAY
MINOT, ND 58701
(701) 852-5200

HAALAND, JAIME L, O.D.
932 37TH AVE SOUTHEAST
MINOT, ND 58701
(701) 839-5000

JOHNSON, DARIN L, O.D.
1525 31ST AVENUE SW
SUITE E
MINOT, ND 58701
(701) 857-6050

LAWSON KOPP, WENDY K, O.D.
DAKOTA SQUARE MALL
2400 SW 10TH ST
MINOT, ND 58701
(701) 852-6836

UNRUH, SIERRA L, O.D.
1525 31ST AVENUE SW
SUITE E
MINOT, ND 58701
(701) 857-6050

WELLS COUNTY

Optometrist

KOURAJIAN, STEVEN C, O.D.
901 LINCOLN AVE
HARVEY, ND 58341
(701) 324-2154

WILLIAMS COUNTY

Optometrist

ANDERSON, ALLISON R, O.D.
1500 14TH ST WEST
STE 100
WILLISTON, ND 58801
(701) 577-3937

BRENNO WATTERUD, DANIELLE J, O.D.
1500 14TH ST WEST
STE 100
WILLISTON, ND 58801
(701) 577-3937

FEARING, MITCH R, O.D.
1500 14TH ST WEST
STE 100
WILLISTON, ND 58801
(701) 577-3937

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MyOption Vision Providers

GRIMSHAW, ANNETTE R, O.D.

1500 14TH ST WEST
STE 100
WILLISTON, ND 58801
(701) 577-3937

SIME, LAURALI M, O.D.

1500 14TH ST WEST
STE 100
WILLISTON, ND 58801
(701) 577-3937

TOFTE, MICHAEL D, O.D.

1500 14TH ST WEST
STE 100
WILLISTON, ND 58801
(701) 577-3937

Humana Medicare Advantage Plans are not providers of medical services. Humana Medicare Advantage Plans do not endorse, control, or interfere with the clinical judgment or treatment recommendations made by the physicians or other providers listed in this directory or otherwise selected by you.

MyOption Fitness Well-being

This listing of MyOption Fitness providers is only to help you find participating fitness center locations. For more information about your benefit, see your Evidence of Coverage.

NORTH DAKOTA

BARNES COUNTY

B-Fit 24/7

323 Central Ave. N.
VALLEY CITY, ND 58072
(701) 845-0000
E

Valley City Parks and Recreation Fitness Center

733 8th Ave. SW
VALLEY CITY, ND 58072
(701) 845-3294
E, P, W

BOTTINEAU COUNTY

New Dimension Fitness Center

116 6th St. E.
BOTTINEAU, ND 58318
(701) 228-5959

BOWMAN COUNTY

Rouzie Rec Center

305 1st St., S.W.
BOWMAN, ND 58623
(701) 523-3896
E, P*

BURLEIGH COUNTY

BSC Aquatic and Wellness Center

1601 Canary Ave
BISMARCK, ND 58503
(701) 222-6455
E, P, W

Capital Racquet and Fitness Center

3200 N. 10th St.
BISMARCK, ND 58503
(701) 221-6855
E, S, W

Missouri Valley Family YMCA

1608 N. Washington St.
BISMARCK, ND 58502
(701) 255-1525
E, P, W, SC

Proximal 50 Life Center - North

1151 W Divide Ave.
BISMARCK, ND 58501
(701) 751-7797
E

St. Alexius Medical Center - Human Performance Center

310 N. 9th St.
BISMARCK, ND 58506-5510
(701) 530-8102
E

Touchmark Health & Fitness Club

1000 W. Century Ave.
BISMARCK, ND 58503
(701) 355-1280
E, P, W, SC

Verge Fitness

517 S 5th St
BISMARCK, ND 58504
(701) 258-4653
S

CASS COUNTY

Courts Plus Community Fitness

3491 S. University Dr.
FARGO, ND 58104
(701) 237-4805
E, S, W, SC

Family Wellness

2960 Seter Pkwy.
FARGO, ND 58104
(701) 234-2400
E, S, P, W, SC

Governor's Fitness Center

2050 Governors Dr.
CASSELTON, ND 58012
(701) 347-4524
E, P, W

Planet Fitness - Fargo

4325 13th Ave., S.
FARGO, ND 58103
(701) 478-3300
E

Schlossman Family YMCA - West

4243 19th Ave. S.W.
FARGO, ND 58103
(701) 281-0126
E, S, SC

Snap Fitness - Fargo

4265 45th St. S.
FARGO, ND 58104
(701) 356-3651
E

Total Balance Physical Therapy and Fitness

1461 N. Broadway
FARGO, ND 58102
(701) 293-6037
E, SC

Touchmark at Harwood Groves

1200 Harwood Dr. S.
FARGO, ND 58104
(701) 476-1200
E, P, W, SC

Welcyon Fitness after 50

2603 Kirsten Ln S
FARGO, ND 58104
(701) 478-2020
E, SC

Xtreme Measures

1612 Tom Williams Dr., Ste. B.
FARGO, ND 58104
(701) 293-0002
E

YMCA of Cass and Clay Counties

400 1st Ave. S.
FARGO, ND 58103
(701) 293-9622
E, S, P, W, SC

DICKEY COUNTY

The Body Shop Fitness Center

118 Main St.
ELLENDALE, ND 58436
(701) 349-2833
E

Amenities Legend

E - Cardio/Strength Equipment F - Full P - Year Round Swimming Pool P* - Seasonal Swimming Pool S - Steam and/or Sauna
SC - SilverSneakers Classes W - Hot Tub/Whirlpool

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MyOption Fitness Well-being

DIVIDE COUNTY

Lighten Up Wellness Center

11 1st Ave., N.E.
CROSBY, ND 58730
(701) 965-5483

E

EDDY COUNTY

Rockin, Aô Fitness

803 1st Ave. N.
NEW ROCKFORD, ND 58356
(701) 947-2830

E

EMMONS COUNTY

Linton Fitness

116 S. Broadway
LINTON, ND 58552
(701) 254-4646

E

GRAND FORKS COUNTY

Altru Family YMCA

215 N. 7th St.
GRAND FORKS, ND 58203
(701) 775-2586
E, S, P, SC

Altru Rehabilitation - Medical Fitness Center

1300 S. Columbia Rd.
GRAND FORKS, ND 58206
(701) 780-2311

E

Anytime Fitness - Grand Forks, ND

3750 32nd Ave. S.
GRAND FORKS, ND 58201
(701) 772-0208

E

Choice Health & Fitness

4401 S. 11th St
GRAND FORKS, ND 58201
(701) 746-2790
E, S, P, SC

Northwood Deaconess Health Center

4 N. Park St.
NORTHWOOD, ND 58267
(701) 587-6469

E

Planet Fitness - Grand Forks

715 S. Washington St.
GRAND FORKS, ND 58201
(701) 775-8820

E

Snap Fitness - Grand Forks

4571 S. Washington St.
GRAND FORKS, ND 58201
(701) 757-7627

E

GRIGGS COUNTY

RC Cooper Athletic Club

705 Burrel Ave. N.W.
COOPERSTOWN, ND 58425
(701) 789-1022

E, SC

MCINTOSH COUNTY

Fun Fitness

522 1st. Ave., N.
WISHEK, ND 58495
(701) 452-7895

E

MCKENZIE COUNTY

Anytime Fitness - Watford City, ND

105 9th Ave. S.E., Ste. 2
WATFORD CITY, ND 58854
(701) 842-3600

E

MERCER COUNTY

Energy Wellness Center

1900 Central Ave N
BEULAH, ND 58523
(701) 873-5852

E

Surge Fitness

246 Main St. W.
HAZEN, ND 58545
(701) 748-3333

E

MORTON COUNTY

Family Wellness

2700 46th Ave. SE
MANDAN, ND 58554
(701) 751-9804
E, SC

MOUNTRAIL COUNTY

Ina Mae Rude Aquatic Center / Ann Nicole Nelson Fitness Center

603 8th Ave. S.E.
STANLEY, ND 58784
(701) 628-7665
E, P, W

PEMBINA COUNTY

In Shape Fitness

103 E. Main St.
CAVALIER, ND 58220
(701) 265-8261

E

PIERCE COUNTY

Anytime Fitness - Rugby, ND

272 Highway 2 S.W.
RUGBY, ND 58368
(701) 776-6683

E

Heart of America Outpatient Wellness Center

800 S. Main Ave.
RUGBY, ND 58368
(701) 776-5261

E

RAMSEY COUNTY

Anytime Fitness - Devils Lake, ND

310 E. Hwy 2
DEVILS LAKE, ND 58301
(701) 662-3411

E

Fitness Friends

317 4th St. N.E.
DEVILS LAKE, ND 58301
(701) 662-3157

E

Lake Region Fitness

210 Hwy 2 West, Suite 4
DEVILS LAKE, ND 58301
(701) 381-0292

E

RICHLAND COUNTY

Anytime Fitness - Wahpeton, ND

1651 Wheatland Rd
WAHPETON, ND 58075
(701) 591-0192

E

Amenities Legend

E - Cardio/Strength Equipment F - Full P - Year Round Swimming Pool P* - Seasonal Swimming Pool S - Steam and/or Sauna

SC - SilverSneakers Classes W - Hot Tub/Whirlpool

Humana Medicare Advantage Plans are not providers of medical services. Humana Medicare Advantage Plans do not endorse, control, or interfere with the clinical judgment or treatment recommendations made by the physicians or other providers listed in this directory or otherwise selected by you.

Orthopedic & Sports Physical Therapy, Inc - Hankinson
112 5th St SW
HANKINSON, ND 58041
(701) 242-7323
E

Snap Fitness - Wahpeton
403 Dakota Ave.
WAHPETON, ND 58074
(701) 672-7627
E

STARK COUNTY

St. Joseph's Hospital and Health Center dba CHI St. Alexius Health Dickinson
2500 Fairway St
DICKINSON, ND 58601
(701) 456-4640
E

West River Community Center
2004 Fairway St.
DICKINSON, ND 58601
(701) 456-2070
E, S, P, W, SC

STUTSMAN COUNTY

58483 Fitness & Health
106 S. Florence St.
STREETER, ND 58483
(701) 424-3777

Legacy Fitness and Yoga
419 5th St. N.E.
JAMESTOWN, ND 58401
(701) 271-3207
E, SC

NewAge Fitness & Tanning
607 13th St NE
JAMESTOWN, ND 58401
(701) 952-7700
E

Two Rivers Activity Center
1501 5th St NE
JAMESTOWN, ND 58401
(701) 952-8722
E, S, P, W

TOWNER COUNTY

TCMC Fitness Center
U.S. 281 Hwy N
CANDO, ND 58324
(701) 968-4411
E

WALSH COUNTY

Collette Community Fitness Center
701 W. 6th St.
GRAFTON, ND 58237
(701) 352-4521
E, P, SC

WARD COUNTY

Anytime Fitness - Minot, ND
305 20th Ave. S.W.
MINOT, ND 58701
(701) 852-3333
E

1100 N. Broadway
MINOT, ND 58703
(701) 838-3333
E

ASK Performance and Fitness
3516 N. Broadway
MINOT, ND 58703
(701) 839-3139
E, SC

Curves - Minot, ND
104 20th Ave. S.W.
MINOT, ND 58701
(701) 852-1699
E

Forever Fitness 24/7
515 20th Ave. SE #9
MINOT, ND 58701
(701) 837-7979
E

Minot Family YMCA
3515 16th St. S.W.
MINOT, ND 58701
(701) 852-0141
E, S, P, W, SC

WILLIAMS COUNTY

Anytime Fitness - Tioga, ND
801 Elm St.
TIOGA, ND 58852
(701) 664-3456
E

Amenities Legend

E - Cardio/Strength Equipment F - Full P - Year Round Swimming Pool P* - Seasonal Swimming Pool S - Steam and/or Sauna
SC - SilverSneakers Classes W - Hot Tub/Whirlpool

Humana Medicare Advantage Plans are not providers of medical services. Humana Medicare Advantage Plans do not endorse, control, or interfere with the clinical judgment or treatment recommendations made by the physicians or other providers listed in this directory or otherwise selected by you.

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Humana MyOption optional supplemental benefits (OSB) are only available to members of certain Humana Medicare Advantage (MA) plans. Members of Humana plans that offer OSBs may enroll in OSBs throughout the year. Benefits may change on January 1st each year. Enrollees must use network providers for specific OSBs when stated in the Evidence of Coverage (EOC); otherwise, covered services may be received from non-network providers at a higher cost.

Humana es una organización HMO, PPO y PFFS de Medicare Advantage con un contrato con Medicare. La afiliación a este plan de Humana depende de la renovación del contrato, La red de proveedores puede cambiar en cualquier momento. Usted recibirá un aviso cuando sea necesario.

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