

Welcome to Integra Health Care
Compassionate Care.
Real Independence.

At Integra Health Care, we provide personalized home and community-based services that empower individuals to live with dignity, safety, and support—right where they belong: at home.

We proudly serve seniors, individuals with disabilities, and families who need dependable, professional care with heart.



Trusted by clients
and caregivers in the
Twin Cities since 2003.



From the Desk of the Founders

Family-Owned. Nurse-Led.
Integrity-Driven.



Are you worried whether a loved one is receiving the care they need to stay safe, healthy, and truly enjoy life? With Integra Health Care, you can have peace of mind knowing that your family is in compassionate, capable hands.

As a family-owned and nurse-led company, we understand how personal this decision is. That's why we treat every client like family — offering the same level of care, attention, and dignity we'd want for our own loved ones.

My wife, **Olga Papkov**, and I are both **Registered Nurses**. While raising two children with special needs and working full-time in health care, we saw firsthand how critical it is to have a dependable, professional home care team you can trust.

In 2003, we founded Integra Health Care with a simple but powerful goal:

to bring professionalism, compassion, and integrity to every home we serve.

Welcome to our family.
We're honored to serve yours.

Dimitriy & Olga Papkov

Founders & Registered Nurses

Our Core Services



Community First Services and Supports (CFSS)

More choice. More control.
More support.

Minnesota's new program replacing PCA gives you the flexibility to choose your caregiver and tailor your care. We provide CFSS under the Agency Model — you choose the caregiver, and we handle the rest.

 [Learn More](#)



Homemaking Services

Support for a safe, clean, and comfortable home.

We help with light cleaning, laundry, meal prep, and errands so you or your loved one can continue living independently with ease.

 [Learn More](#)

Personal Care Assistance (Traditional PCA)



Hands-on,
professional
care you can
trust.

Our PCA services support you with everyday tasks like bathing, grooming, eating, and mobility — all managed by our experienced care team under the Traditional PCA model.

 [Learn More](#)



Individual Community Living Supports (ICLS)

Stay independent
with support for
daily life.

ICLS is ideal for older adults and individuals with disabilities who want to stay in their home while receiving help with routines, health, safety, and social engagement.

 [Learn More](#)

How to Get Started with Integra Health Care

We make beginning services easy and stress-free. Here's what to expect:

Call Us or Contact Us Online

Start with a friendly, no-pressure conversation. We'll answer your questions, explain your options, and guide you through the process.

 (952) 985-0672 |  integrahc.com/contact

Assessment by Your County or Health Plan

If you're eligible for Medical Assistance or Waivered Services, a **public health nurse** will complete an in-home assessment to determine your care needs.

Personalized Care Plan

Our **Nurse Case Manager** will visit you to build a custom care plan that reflects your goals, preferences, and lifestyle. You'll have a say every step of the way.

Choose or Match a Caregiver

You can bring your own trusted caregiver (family or friend), or we'll match you with one of our compassionate, trained professionals using our **IntegraMatch®** system.



Begin Services

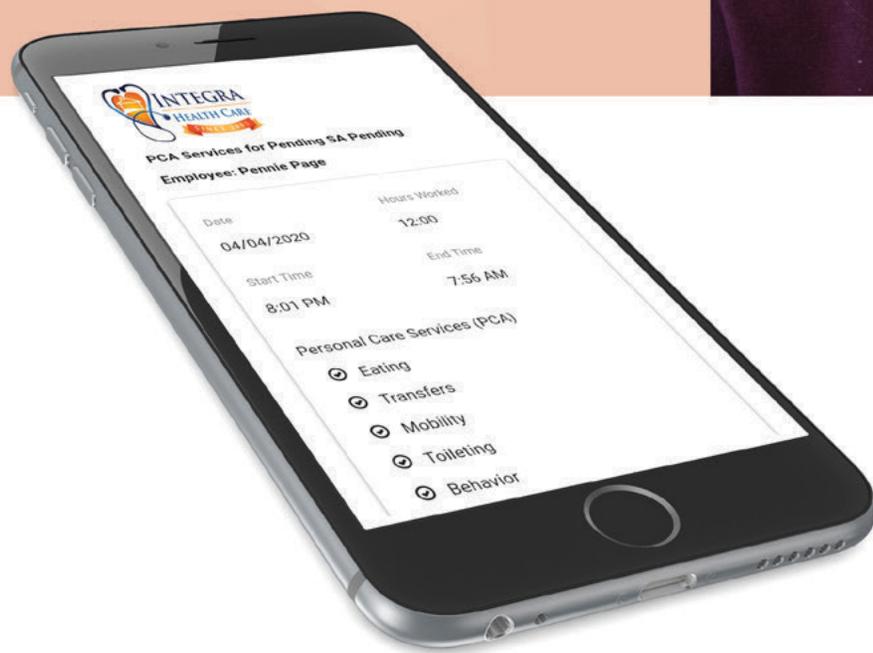
Once everything is in place, services begin — and you'll receive consistent support, real-time shift tracking, and ongoing communication from our team.

Start online at:

 [Ready to Apply Now?](#)

A Reputation for Integrity

At Integra, integrity isn't just our name — it's how we care.



Families choose us because they know we do what's right — even when no one's watching. Our team shows up with compassion, professionalism, and purpose every single day.

We've built our reputation by treating every client like family — with honesty, consistency, and heart.

Experience care that puts people first.

Frequently Asked Questions

Does Integra work with my health plan?

Currently, Integra Health Care works with Medical Assistance, Medica, Health Partners and Blue Plus/Blue Cross Blue Shield health plans. However, as these partnerships change from time to time, it is best to call our office for confirmation. We also provide services to persons with Waivered services through their county.

How can I find out whether I'm eligible for home health services?

You must be eligible for Medical Assistance . Please contact us or your local health agency to determine your eligibility.

Eligibility requirements: You must be assessed by a Public Health Nurse in the County you live in to see if you need PCA services.

If you are the patient, you must be able to make decisions regarding your care or have a Responsible Party who can make decisions for you. For example, a minor child under the age of 18 or a person not able to make his or her own decisions due to a physical or mental disability requires a designated Responsible Party.

Who can be my responsible party?

A Responsible Party is the formal designation for the person who will be making the health care decisions for the person requiring home health services. The requirements for a Responsible Party include:

- Must be at least 18 years old
- Cannot be your PCA
- Must be available to the patient and the PCA and help to monitor care
- Must attend the Public Health Nurse Assessment
- Must be prepared to sign any documents related to home health services

If I qualify to receive services, what is the next step?

Once you're verified to receive services, we'll begin the process of assigning a PCA who can best accommodate the needs of your loved one. All of our PCAs must have the required training, complete our application materials, and pass our background check.

Integra will assign a Nurse Case Manager, who will visit you and, if required, train your PCA or PCAs to make sure your care needs are met. The Nurse Case Manager will also answer any questions you may have and make certain you're happy with your services.

What Clients Are Saying



Our caregiver has made a life-changing difference. We're able to rest, work, and enjoy life again."

The M. Family



Always a live person on the phone. Professional, polite, and responsive — Integra is a blessing."

Pennie



My caregiver just knows what I need — kind, professional, and irreplaceable."

Margaret



"My caregiver is the best caregiver around — kind, pleasant and eager to do anything."

INTEGRA HEALTH CARE

Personalized Care.
Professional Integrity



Let's Get in Touch

Ready to begin care, ask a question, or make a referral?
We're here to help.

- Phone: (952) 985-0672
- Email: support@integrahc.com
- Urgent assistance: help@integrahc.com
- Website: integrahc.com

