



## FOR IMMEDIATE RELEASE

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## **United Hospital District Adds Kara Ristau to Wells Clinic** *Certified Family Nurse Practitioner Specializes in Family Medicine*

**Blue Earth, MN – July 1, 2019** – United Hospital District (UHD) of Blue Earth announces the arrival of new provider Kara Ristau, a Certified Family Nurse Practitioner. Kara will see patients in UHD’s Wells Clinic starting immediately.

Ms. Ristau joins Dr. Aaron Johnson, Dr. Deb McCarty and Certified Nurse Practitioner Teresa Stevermer at the busy Wells location. The provider team offers primary care services as well as lab, x-ray and physical therapy.

“We are very excited to have Kara join the team at our Wells Clinic,” said UHD CEO Rick Ash. “Kara brings a passion for people that fits right in with UHD’s patient-centered care philosophy. Having Kara part of the UHD team will increase our ability to serve the many communities in eastern Faribault county.”

An alumni of Minnesota State University’s undergraduate and graduate nursing programs, Kara has extensive local ties, having served as a registered nurse in schools, assisted living facilities and other area health systems. She is also a certified nursing assistant course instructor and has previously served as a correctional nurse for both Faribault and Blue Earth County jails. Commenting on her new role, Kara said, “I love connecting with people and working together to meet health goals and attain a higher level of wellness. I chose UHD because it’s a well-established health care system, committed to providing quality care to rural areas.”

Kara Ristau will see patients on Tuesdays and Thursdays at UHD Wells Clinic, 55 First St. S.E. in Wells. Patients can call (507) 553-6550 to schedule an appointment or visit [www.uhd.org](http://www.uhd.org) to learn more about services.

United Hospital District is a 25-bed Critical Access Hospital in Blue Earth, MN. It is one of Faribault County’s largest employers and offers general surgery plus a full range of primary and specialty care services, including allergy & asthma, cardiology, ENT, ophthalmology, orthopedics, OB/GYN, rehab therapies (PT/OT/Speech Pathology) and urology. The hospital supports a patient-centered care philosophy and its network includes four clinic locations plus a Home Health and Hospice program and the Adolescent Treatment Center, an inpatient recovery program providing substance use and mental health services.



Kara Ristau, FNP-C  
UHD Wells Clinic