
Meet your Nurse Practitioner

Kyndra Steffes

With Kyndra, you'll feel like family. She takes great pride in building trusting relationships with each client and everyone in your care circle from family to providers to coordinate a seamless life experience focused on your results. She believes her role is more than managing chronic medical conditions; it's about helping you live your best life by addressing not only your current health status but your long-term health and life goals. By listening to each client she serves, she learns their idea of a healthy lifestyle and focuses on getting them on a path towards improved wellness and independence.

Too often in her 10+ years of experience as a nurse, Kyndra struggled with balancing clients' needs with the limitations of the healthcare system— she knew there had to be a better way to deliver the right care at the right time to meet their needs. With Lifesprk's whole person model, she is excited about being able to change your experience and deliver 'care' that focuses on every element important to you. The most exciting part of her job is when she sees the 'spark' in her clients' eyes. That's when she knows they've accomplished their goals.

It may not be surprising that her personal spark comes from surrounding herself with those she loves. When she's not caring for your family, she spends her time enjoying her own.

Kyndra's Professional Experience:

Nurse Practitioner, North Memorial TotalCare for Seniors
RN Case Manager and Triage Nurse, St. Croix Hospice
RN Case Manager and Wound Care Manager,
Professional Resource Network
Nurse – Suite Living



PERSONAL INTERESTS

Spending time with family.

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