

# A Guide to Your Refugee Health Assessment

## WELCOME TO MINNESOTA

### What is a Refugee Health Assessment?

A Refugee Health Assessment is your first step to health care in the United States. The goal is to find and treat health problems and make sure you have access to a doctor (also called primary care provider), specialty doctors, and medication refills.

A primary care provider is the clinic or doctor who takes care of you regularly, especially if you are sick or need treatment. They can send you to a specialty doctor, if needed.



Refugees, asylees, certified victims of human trafficking, Cuban and Haitian entrants, some humanitarian parolees, and Special Immigrant Visa (SIV) holders can get Refugee Health Assessments. These visits are for all ages, including babies, children, and adults.

The Refugee Health Assessment may take one or two visits at a clinic with a doctor who has been trained to provide the best care to newcomers. It includes:

- Review of your health history and overseas medical exam
- Physical exam
- Tests for sicknesses
- Vaccinations

You should have the Refugee Health Assessment within 90 days after you arrive in Minnesota. If you want an interpreter, the clinic will provide one. If you do not want a certain part of the assessment, you do not have to get it.

### How is this different from my overseas medical exam?

Your overseas medical exam only looked for illnesses that would have kept you from coming to the U.S., like untreated diseases that may spread to others (e.g., tuberculosis), mental health problems that are associated with harmful behavior that will likely happen again (e.g., connected to violence) or drug addiction.

### Do the results affect my immigration status?

No. A Refugee Health Assessment is only to help you stay healthy and does not affect immigration status.

### How is the Refugee Health Assessment paid for?

Insurance pays for the Refugee Health Assessment. You need to apply for health insurance before scheduling the clinic visits. If you are working with a case manager, they will help you apply. If you are not working with a case manager, get help with the health insurance application from a navigator through the [MnSure Assister Directory](https://www.mnsure.org/help/find-assister/find-assister.jsp) (<https://www.mnsure.org/help/find-assister/find-assister.jsp>).



## How do I schedule a Refugee Health Assessment?

If you have a case manager, they will help schedule the Refugee Health Assessment. If you do not have a case manager, please ask for a Refugee Health Assessment by filling out a [New Arrival Notification and Screening Referral](https://redcap.health.state.mn.us/redcap/surveys/?s=YYFDEH9R4JMW44W4) (<https://redcap.health.state.mn.us/redcap/surveys/?s=YYFDEH9R4JMW44W4>). Then your local public health agency will call you to schedule the Refugee Health Assessment.



## How should I get ready for the Refugee Health Assessment?

When you have your health assessment, bring these items with you:



- Your IOM (International Organization for Migration) bag with of all your overseas medical records and chest x-rays
- Vaccination records
- Other medical records
- Any medications or herbs you use
- Health insurance card if you have it

The Refugee Health Assessment appointments may take several hours. Eat before your appointment.

**Questions? Contact your resettlement agency case manager OR the Minnesota Department of Health Refugee Health Program at 651-201-5414 or [refugeehealth@state.mn.us](mailto:refugeehealth@state.mn.us).**

Minnesota Department of Health  
Refugee Health Program  
PO Box 64975  
St. Paul, MN 55164-0975  
[refugeehealth@state.mn.us](mailto:refugeehealth@state.mn.us)  
[www.health.state.mn.us/refugee](http://www.health.state.mn.us/refugee)

9/10/24

*To obtain this information in a different format, call: 651-201-5414.*