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Minnesota Department of Health



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 (U.S.). It is a complete physical examination and a time to find any health problems that you may have which might prevent you from getting a job or going to school. The refugee health assessment is an important part of your resettlement and new life in the U.S.

All refugees, asylees, parolees, and Cuban/Haitian entrants who come to Minnesota should have a health assessment.

Your health assessment takes two complete visits to a health care provider or clinic and includes:

- Review of your overseas medical examination
- Review of your health history
- A physical examination
- Tests for infections
- Immunizations you may need

You should have this health assessment within 90 days after you arrive in Minnesota. You can ask that someone who speaks your language be at your physical examination.

HOW IS THIS DIFFERENT FROM MY OVERSEAS MEDICAL EXAMINATION?

Your overseas examination only looked for conditions that would keep you from coming to the U.S., such as tuberculosis, physical and/or mental problems connected to violence, and drug addiction.

HOW MUCH DOES IT COST?

You do not have to pay for the health assessment. The cost will be covered in one of two ways: 1) If you have a Medicaid card, then Minnesota Medical Assistance (MA) will pay. 2) If you do not have MA and you are a refugee who has lived in the U.S. for less than 90 days, your clinic may receive payment for the health assessment from the Minnesota Department of Health.

WHAT SHOULD I BRING?

When you have your health assessment, bring the following with you if you have them:

- Your "IOM (International Organization for Migration) Bag" with all your medical records and chest x-rays
- Immunization records
- Other medical records
- Any medications you may use

WHERE DO I GO?

You can get your refugee health assessment from your local public health agency or from your primary care provider.

WHAT IS A LOCAL PUBLIC HEALTH AGENCY?

There is a local public health agency in every county of Minnesota. The one near you can help you schedule your refugee health assessment appointment. These agencies also provide many services that will help you. For example, some provide immunizations and testing and treatment for diseases.

WHAT IS A PRIMARY CARE PROVIDER?

Your primary care provider is the clinic or medical person who takes care of you regularly, especially if you are sick, if you need shots, or if you need treatment for a health problem.

Primary care is having one regular clinic or health care provider who takes care of your ongoing health care needs, and if necessary, refers you to a specialist.

Primary care includes many health services. These should meet almost all of your health care needs.

HELPFUL PHONE NUMBERS

Please call the nearest public health agency for more information about the refugee health assessment. Here are the numbers for public health agencies in some counties where many refugees live:

Anoka	763-422-6965
Clay	218-299-5220
Dakota	651-552-3115
Hennepin	612-348-3033

Nobles-Rock	507-372-8256
Olmsted	507-285-8370
Ottertail	218-739-2528
Ramsey	651-292-7726

If your county is not listed here or for more information, call your voluntary agency (Volag) case worker OR the Minnesota Department of Health Refugee Health Program at 612-676-5237.

Produced by the Refugee Health Program of the Minnesota Department of Health based on material from the Massachusetts Department of Public Health.

For questions or comments about this page, please contact paulette.tichenor@health.state.mn.us.

For questions about the Immunization, Tuberculosis and International Health Section, please contact us at **612/676-5414**.

[Immunization, Tuberculosis and International Health Section Home](#)

See also > [Infectious Disease Epidemiology, Prevention and Control Home](#)

For questions about our Infectious Disease Epidemiology, Prevention and Control Home, please contact:

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