

Newcomer Education for Wellness

(NEW)

Minnesota Center of Excellence in Newcomer Health Video Series

Newcomer Education for Wellness (NEW) is a free resource designed to help refugees, immigrants, and newcomers to the U.S. **navigate the health care system and take care of their health.** By signing up, they will receive free, accessible health education videos in their own language texted directly to their phone. No identifiable information is required, and phone numbers are only used to send educational health videos.



Who is it for?

These videos are made for newcomers to the U.S. – and anyone else who wants to learn more about their health in their own language.

NEW videos are designed to be accessible regardless of language or literacy, so all can understand and use the information with confidence.

Why share this resource?

People who sign up will receive a new video every few weeks.

- **Evidence-informed:**
Developed by newcomer health and community experts
- **Empowering:**
Helps newcomers make informed health choices
- **Easy to join:**
No app needed – just a phone that can receive texts

How can your organization help?

- Post sign-up flyers in waiting rooms or intake areas
- Share with clients during appointments or orientations
- Include information in welcome packets or email newsletters
- Add video links to newcomer patients' electronic health records
- Refer newcomers directly to the service

LANGUAGES

Arabic
Burmese
Dari
English
French
Haitian Creole
Karen
Pashto
Somali
Spanish
Swahili

VIDEO TOPICS

Interpretation services
Health care facilities
Dental and vision care
Stress management
Healthy eating

COE Newcomer Education for Wellness (NEW)

<https://forms.web.health.state.mn.us/form/coe-new>



scan with phone camera



CENTER OF EXCELLENCE
IN NEWCOMER HEALTH
MINNESOTA

Contact us to request materials or learn more:
MNCOENewcomerHealth@state.mn.us

Brought to you by the Center of Excellence in Newcomer Health, a national program that provides health education for health care providers, newcomer orientation, data and epidemiological surveillance, and clinical guidance. The Minnesota Center for Excellence in Newcomer Health is supported by 1 NU50CK000563 from the U.S. Centers for Disease Control and Prevention.



06/2025