

# 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



Contact us to request materials or learn more:  
[MNCOENewcomerHealth@state.mn.us](mailto:MNCOENewcomerHealth@state.mn.us)

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