

Minnesota Resources for New Immigrants and Refugees

DECEMBER 11, 2024

MinnesotaCare updates effective January 1, 2025

MinnesotaCare will expand to serve undocumented residents effective January 1, 2025. MinnesotaCare offers free or lower cost health insurance to people without other health insurance options who live in Minnesota. Immigration status does not matter. The following websites offer additional information and tools for partners.

[MinnesotaCare: A healthier state for more people](#)

[Tools for partners](#)

As a reminder, if anyone in the household is currently certified eligible for MinnesotaCare, members of the household are WIC-eligible. MinnesotaCare is an adjunctive/automatic eligibility program.

Additional resources

Minnesota Department of Health and community partners joined to develop materials for new refugees and immigrants in Minnesota. The documents are available in a variety of languages for WIC participants in your area.

- [Refugee and Immigrant Helpline](#) flyer also available in the following languages: [Amharic](#), [Arabic](#), [Dari](#), [French](#), [Karen](#), [Oromo](#), [Pashto](#), [Russian](#), [Spanish](#), [Somali](#), [Swahili](#), [Ukrainian](#).
- [Welcome Guide for Newcomers](#) also available in the following languages: [Arabic](#), [French](#), [Somali](#), [Spanish](#).
 - Additional translations of the Welcome Guide for Newcomers will soon be made available in Haitian Creole, Dari, Pashto, Russian and Ukrainian.
 - Web version: [Welcome Guide for Newcomers](#)
- [Welcome Guide for Newcomers Flyer](#) also available in [Spanish](#).

Reference – complete listing of hyperlinks

[MinnesotaCare: A healthier state for more people](https://mn.gov/dhs/minnesotacare/) (<https://mn.gov/dhs/minnesotacare/>)

[Tools for partners](https://mn.gov/dhs/minnesotacare/tools-for-partners/) (<https://mn.gov/dhs/minnesotacare/tools-for-partners/>)

[Refugee and Immigrant Helpline](https://edocs.dhs.state.mn.us/lfsrver/Public/DHS-7587HA-ENG) (<https://edocs.dhs.state.mn.us/lfsrver/Public/DHS-7587HA-ENG>)

RESOURCES FOR IMMIGRANTS AND REFUGEES

Amharic: [Refugee and Immigrant Helpline](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-7587HA-AMH)
(<https://edocs.dhs.state.mn.us/lfserver/Public/DHS-7587HA-AMH>)

Arabic: [Refugee and Immigrant Helpline](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-7587HA-ARA)
(<https://edocs.dhs.state.mn.us/lfserver/Public/DHS-7587HA-ARA>)

Dari: [Refugee and Immigrant Helpline](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-7587HA-PRS)
(<https://edocs.dhs.state.mn.us/lfserver/Public/DHS-7587HA-PRS>)

French: [Refugee and Immigrant Helpline](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-7587HA-FRE)
(<https://edocs.dhs.state.mn.us/lfserver/Public/DHS-7587HA-FRE>)

Karen: [Refugee and Immigrant Helpline](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-7587HA-KAR)
(<https://edocs.dhs.state.mn.us/lfserver/Public/DHS-7587HA-KAR>)

Oromo: [Refugee and Immigrant Helpline](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-7587HA-ORM)
(<https://edocs.dhs.state.mn.us/lfserver/Public/DHS-7587HA-ORM>)

Pashto: [Refugee and Immigrant Helpline](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-7587HA-PUS)
(<https://edocs.dhs.state.mn.us/lfserver/Public/DHS-7587HA-PUS>)

Russian: [Refugee and Immigrant Helpline](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-7587HA-RUS)
(<https://edocs.dhs.state.mn.us/lfserver/Public/DHS-7587HA-RUS>)

Spanish: [Refugee and Immigrant Helpline](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-7587HA-SPA)
(<https://edocs.dhs.state.mn.us/lfserver/Public/DHS-7587HA-SPA>)

Somali: [Refugee and Immigrant Helpline](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-7587HA-SOM)
(<https://edocs.dhs.state.mn.us/lfserver/Public/DHS-7587HA-SOM>)

Swahili: [Refugee and Immigrant Helpline](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-7587HA-SWA)
(<https://edocs.dhs.state.mn.us/lfserver/Public/DHS-7587HA-SWA>)

Ukrainian: [Refugee and Immigrant Helpline](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-7587HA-UKR)
(<https://edocs.dhs.state.mn.us/lfserver/Public/DHS-7587HA-UKR>)

[Welcome Guide for Newcomers](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-8552A-ENG) (<https://edocs.dhs.state.mn.us/lfserver/Public/DHS-8552A-ENG>)

Arabic: [Welcome Guide for Newcomers](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-8552A-ARA)
(<https://edocs.dhs.state.mn.us/lfserver/Public/DHS-8552A-ARA>)

French: [Welcome Guide for Newcomers](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-8552A-FRE)
(<https://edocs.dhs.state.mn.us/lfserver/Public/DHS-8552A-FRE>)

Somali: [Welcome Guide for Newcomers](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-8552A-SOM)
(<https://edocs.dhs.state.mn.us/lfserver/Public/DHS-8552A-SOM>)

Spanish: [Welcome Guide for Newcomers](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-8552A-SPA)
(<https://edocs.dhs.state.mn.us/lfserver/Public/DHS-8552A-SPA>)

[Welcome Guide for Newcomers](https://mn.gov/deed/about/what-guides-us/equity/ira/guide/) (<https://mn.gov/deed/about/what-guides-us/equity/ira/guide/>)

RESOURCES FOR IMMIGRANTS AND REFUGEES

[Welcome Guide for Newcomers Flyer](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-8552B-ENG) (<https://edocs.dhs.state.mn.us/lfserver/Public/DHS-8552B-ENG>)

Spanish: [Welcome Guide for Newcomers](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-8552B-SPA)
(<https://edocs.dhs.state.mn.us/lfserver/Public/DHS-8552B-SPA>)

Minnesota Department of Health - WIC Program, 625 Robert St. N, PO BOX 64975, ST PAUL MN 55164-0975; 1-800-657-3942, health.wic@state.mn.us, www.health.state.mn.us; to obtain this information in a different format, call: 1-800-657-3942.

This institution is an equal opportunity provider.