



Minnesota Center of Excellence in Newcomer Health

Newcomer Education for Wellness (NEW) Video Series

KAREN VIDEOS

မမဲတၢ်အိၣ်ဆူၣ်အိၣ်ချ့ | Dental Care (<https://youtu.be/1EWzx9FhHwO>)

An introduction to the importance of dental health, why to go to the dentist and what to expect, how to care for teeth, and cost-effective options for dental care.



ထံလီၤကီၢ်ပူၤ ကသံၣ်ကသီ တၢ်သမံသမိး | U.S. DME (<https://youtu.be/2OytkpVCefk>)

An introduction to the Domestic Medical Exam (DME), who is eligible and for how long, why DMEs are helpful, and what to expect at a DME appointment.

ထံလီၤကီၢ်ပူၤ ကသံၣ်ကသီ တၢ်သမံသမိး | Minnesota DME (<https://youtu.be/blShrs2xcf8>)

An introduction to the DME, who is eligible, why DMEs are helpful, and what to expect at a DME appointment – as well as information on how to get connected with insurance and the DME (or “Refugee Health Assessment”) in Minnesota, specifically.



ဂံၤခိၣ်ထံးတၢ်ဆါဟီၣ်- တ ခိၣ်ဒိၣ်တ ဆိၣ်ါဟီၣ်- ဂ ဝိၣ်အိၣ်တူဆိၣ်ါဟီၣ် | Healthcare Services (<https://youtu.be/qcvFbi1lhy8>) (Primary Care, Urgent Care, and ERs)

An overview of the difference between primary care clinics, urgent care, and the emergency room, as well as the importance of calling 911 for life-threatening emergencies.

တၢ်အိၣ်တၢ်အိၣ် လ အနၢ်ဂံၤနၢ် ဘါပူၤ ပ | Healthy Eating (<https://youtu.be/PHiqzz3KaVY>)

An overview of the importance of healthy eating, what unhealthy food and drinks to avoid, how to eat a balanced meal, what nutrition to consider for infants and children, and tips for eating healthy on a budget.



တၢ်ကတိၤကျိးထံတၢ်မၤစၢၤ | Interpretation Services (<https://youtu.be/DfVyxPdiiOU>)

An overview of the right to an interpreter at all health appointments, how to ask for an interpreter (or request a different one), and reminders that medical interpretation is confidential.

တၢ်ဒုးသ့ၣ်ညါလီၤတၢ်ဂ့ၢ်တၢ်ကျိးဘၣ်ဃးဒီး (ထံၣ်ဘၣ် တၢ်ဆါ လၢတၢ်ဆါဃ်တဖျါ ထီၣ်ဒီးဘၣ်) | LTBI (<https://youtu.be/NIRi7ewzL8M>)

An introduction to Latent Tuberculosis (LTBI), the difference between active and latent TB, treatment options for LTBI (and the importance of completion), and how to get tested.



ပၤသးတၢ်ဂံၢ်စဲ | Stress Management (<https://youtu.be/qH13qhszlQ4>)

An overview of stress, how it impacts the body, tips for managing stress, and information on how to get additional help if needed.

မံၣ်ချဲၣ်တၢ်ထျီ | Vision Health (https://youtu.be/f4_HdrXy_Gw)

An introduction to the importance of vision health, vision checks at primary care, and U.S. eye doctors, when to see them, and what to expect, as well as cost-effective options for vision care.

