



Minnesota Center of Excellence in Newcomer Health Newcomer Education for Wellness (NEW) Video Series SWAHILI VIDEOS

Afya Ya Meno | Dental Care (<https://youtu.be/sCb2rF92ISl>)

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.



Uchunguzi wa Kimatibabu wa Nchini | U.S. DME (https://youtu.be/_e3mzxZj6Y)

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.

Uchunguzi wa Kimatibabu wa Nchini | Minnesota DME (https://youtu.be/WHFXQa_DCOo)

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.



Huduma ya Afya | Healthcare Services (<https://youtu.be/L7pFjwPUYd4>)

(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.

Lishe kwa Afya Bora | Healthy Eating (<https://youtu.be/k3DYaND2P2g>)

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.



Huduma za Ukalimani | Interpretation Services (<https://youtu.be/uml9aznFmP8>)

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.

Utangulizi Kuhusu Ugonjwa wa Kifua Kikuu Uliojificha | LTBI (<https://youtu.be/JDhuf7VqZnA>)

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.



Usimamizi wa Msongo wa Mawazo | Stress Management (<https://youtu.be/V6ySaDSpRhA>)

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

Afya Ya Maono | Vision Health (<https://youtu.be/X-hPwuHI6Ug>)

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.

