

Schedule RHA Appointments

Your Case Manager will help you schedule your first appointment.

Your appointment will be at one of our partner Federally Qualified Health Centers (FQHC):

- ❖ Baltimore Medical System (BMS); or
- ❖ CCI Health and Wellness

Make sure you:

- ❖ Arrive to your appointment 15 minutes early
- ❖ Have children under 18 years come with a parent
- ❖ Ask for an interpreter in your spoken language
- ❖ Drink water before your appointment

RHA Documents Checklist

Remember to bring your:

- Identification Card or photo ID
- I-94 form
- International Organization for Migration (IOM) medical information and chest x-rays
- Immunization information
- Any other medical records
- Health insurance card(s) (including Medical Assistance, if available)
- Any medications, tonics, or herbs you may be using

The RHA is provided at no cost to you.

- ❖ Apply for Medical Assistance with your Case Manager
- ❖ Choose a health insurance plan and your Primary Care Provider (doctor)
- ❖ Bring your insurance card(s) to every health appointment

Contact Information

Center for Global Migration and Immigrant Health

Administers federally funded refugee health programming in Maryland.

Email mdh.immigranthealth@maryland.gov or call 410-767-6698

Baltimore Medical System:

Serves clients living in Baltimore City; Anne Arundel, Baltimore, Frederick, Harford, and Howard Counties.

Email their Refugee Health Program at RefugeeHealth@bmsi.org or call 443-703-3404

CCI Health and Wellness:

Serves clients living in Prince George's and Montgomery Counties.

Email their Refugee Health Program at Lesvia.Velasquez@cciweb.org or call 667-770-6760



MARYLAND

Refugee Health Assessment

A Guide for Humanitarian Immigrants Living in Maryland



Center for Global Migration and Immigrant Health

As of September 2022. Version 1.0

Welcome to Maryland.

The Refugee Health Assessment (RHA) is an important part of your resettlement and your first step to health care in the United States. All humanitarian immigrants, such as refugees, asylees, humanitarian parolees, and victims of trafficking, arriving in Maryland, are encouraged to schedule an RHA.

The RHA is...



Essential for identifying possible health concerns that could affect **going to school or getting a job.**



Encouraged for **ALL** humanitarian immigrants who come to Maryland.



90 days

Completed within **90 days** after date of arrival, entry into the community, or asylum is granted.



At least **two visits** to a health care provider and each visit could be 1-3 hours.

The RHA is different from the Overseas Medical Examination.

The Overseas Medical Examination (OME) only seeks to identify conditions that prevent entry into the United States as defined by public health regulation and that are a substantial departure from normal well-being.

The RHA is a more thorough health exam that aims to:

- ❖ Identify new health concerns that may hinder successful resettlement and self-sufficiency
- ❖ Promote well-being
- ❖ Provide follow-up on any ongoing health conditions
- ❖ Provide an introduction to the US healthcare system
- ❖ Help your future Primary Care Provider (PCP or doctor) better understand your health needs



RHA Clinic Visits

The first RHA visit includes:

- ❖ A review of your current and past physical well-being in body and mind
- ❖ Medical tests using blood and urine to check the function of your organs, blood, cholesterol, and immunity
- ❖ Screening for emotional well-being
- ❖ Screening for infectious diseases, such as hepatitis B, tuberculosis (TB), and HIV/AIDS
- ❖ A stool kit to check for parasitic infections that has to be returned before your second RHA visit

The second RHA visit includes:

- ❖ A brief physical exam
- ❖ A discussion about the results from your medical tests taken during your first RHA visit
- ❖ A review of your immunization history
- ❖ If you have children, a review of their immunizations
- ❖ Scheduling of any relevant follow-up evaluations
- ❖ Prescriptions for medications, if needed
- ❖ Referrals to specialists, if needed

You may have more appointments for:

- ❖ Follow-up on any TB care and treatment
- ❖ Emotional well-being needs
- ❖ Establishing care at the clinic

Schedule an appointment with your PCP following your RHA.