

What is a health screening?

And how much does it cost?

A health screening includes questions about your health history, questions about the immunizations you have had, and a physical examination. A health screening may include tests for the following conditions:

- Tuberculosis (TB).
- Hepatitis B.
- Hepatitis C.
- Sexually transmitted diseases (STDs).
- Cholesterol.
- Anemia and lead poisoning.
- Parasites.
- HIV.

A health screening should be done within 90 days of settling in Washington. Most of the cost will be covered by Washington Apple Health for refugees.



Other local resources for refugees

Pierce Transit piercetransit.org

Information for bus service, schedules and fares.

Department of Social and Health Services dshs.wa.gov

Aid with food stamps, childcare, medical and cash.

Tacoma Community House (TCH) (253) 383-3951 • tacomacommunityhouse.org

Assistance for immigrant communities, such as employment, education opportunities, language classes, and more.

EthnoMed (206) 744-9091 • ethnomed.org

Connect with accessible and reliable health information in whichever language you prefer.

Centers for Disease Control and Prevention (CDC) Immigrant and Refugee Health

cdc.gov/immigrantrefugeehealth

Information and statistics about refugee and immigrant health in the United States.

United States Citizen and Immigration Services (USCIS)

uscis.gov

Information about Permanent Resident Card status, citizenship, or employment laws.

A Guide to the Refugee Health Program

Welcome to Pierce County, Washington



Why do I need a health screening?

A health screening is part of your resettlement process.

To get your legal Permanent Resident Card (“Green Card”), or to attend school or college, you must have all of your immunizations. To get immunizations you must have a health screening in the United States.

Also, a health screening will:

- Identify any health problems that may keep you from working.
- Ensure you receive medical care for any conditions you may have.
- Help protect you from communicable diseases.

How do I make an appointment for my health screening?

Tacoma-Pierce County Health Department will call your doctor and tell them you have arrived.

The doctor’s office will call you to make an appointment.

It is very important for you to be on time for your appointment.



What will happen during the examination?

The doctor will talk with you and check your health.

If needed, the doctor will give you a referral for specialist services such as dental, vision, psychiatric, etc.

In the United States you have two important healthcare rights:

- **Interpreter services:** You may request an interpreter to communicate more effectively with your doctor.
- **Confidentiality:** Your doctor or nurse cannot tell anyone anything about your health without your permission.

Where do I go for my health screening?

**Eastside Tanbara Medical Center
Community Health Care**

1708 East 44th Street
Tacoma, WA 98404
(253) 471-4553 Ext. 3210

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The clinic will arrange for an interpreter to be present during your examination, if you would like one.
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What do I bring to my health screening?

Please bring the following to your health screening:

- Your International Organization for Migration (IOM) bag with all of your medical records and chest x-ray.
- Your immunization records.
- Any medications or herbal medications you may use.
- Legal documentation (I-94 cards, passports, etc.).