

# MY HEALTH

## **What is MyHealth?** **Models to Engage Vulnerable Migrants & Refugees in their Health through Community Empowerment & Learning Alliance**



- 3 years** Vall d'Hebron Research Institute (ES) • Institut Català de la Salut (ES) • Syn-Eirmos Social Solidarity NGO (GR) • Migrantas (DE) • Migrants Resource Centre (UK) •  
**11 partners** European Institute of Women's Health (IE) • University of Greenwich (UK) • Asserta Global Healthcare Solution (ES) • St. Anne's University Hospital Brno (CZ) •  
**7 countries** Regione Emilia Romagna (IT) • Charité-Universitätsmedizin Berlin (DE)

**Goal** **Improve the healthcare access of vulnerable immigrants and refugees** by developing and implementing models based on the knowhow of a European multidisciplinary network

**Focus** **Women and unaccompanied minors**  
chronic disease | infectious disease | mental health

**Target Groups**

- Vulnerable migrants and refugees
- Patients' and advocacy groups
- Health professionals
- Health NGOs
- Social Platforms
- Governments and international health agencies
- Social researchers

**Why MyHealth?** Migrants face impaired health and poor access to health services due to linguistic barriers, lack of an understanding of different cultures, social exclusion, undocumented situation, bureaucracy and economic difficulties. Health care systems should be prepared to respond to their diverse needs.

**Main Outcomes**

- Online interactive map
- Pilot survey on current health status and concerns
- Repository of best strategies for health promotion
- Evaluation of the pilot models
- Guide for integration of ICT solutions for vulnerable immigrants and refugees

