

COMMUNITY HEALTH NEWSLETTER

社區健康季刊 | 2017 SUMMER 夏季刊

Radiothon for Chinese Hospital

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Wednesday, May 10, 2017

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翡翠東華醫師協會

開啟完善醫療服務新篇章

「翡翠東華醫師協會」是東華醫院和華人保健計劃的合作夥伴。我們的醫生為華人社區提供無微不至的醫療照顧，充分運用東華醫院及華人保健計劃在舊金山和聖馬刁北部的醫療網絡，提供優質的醫療服務。

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Chinese Hospital New Patient Tower CPU Department

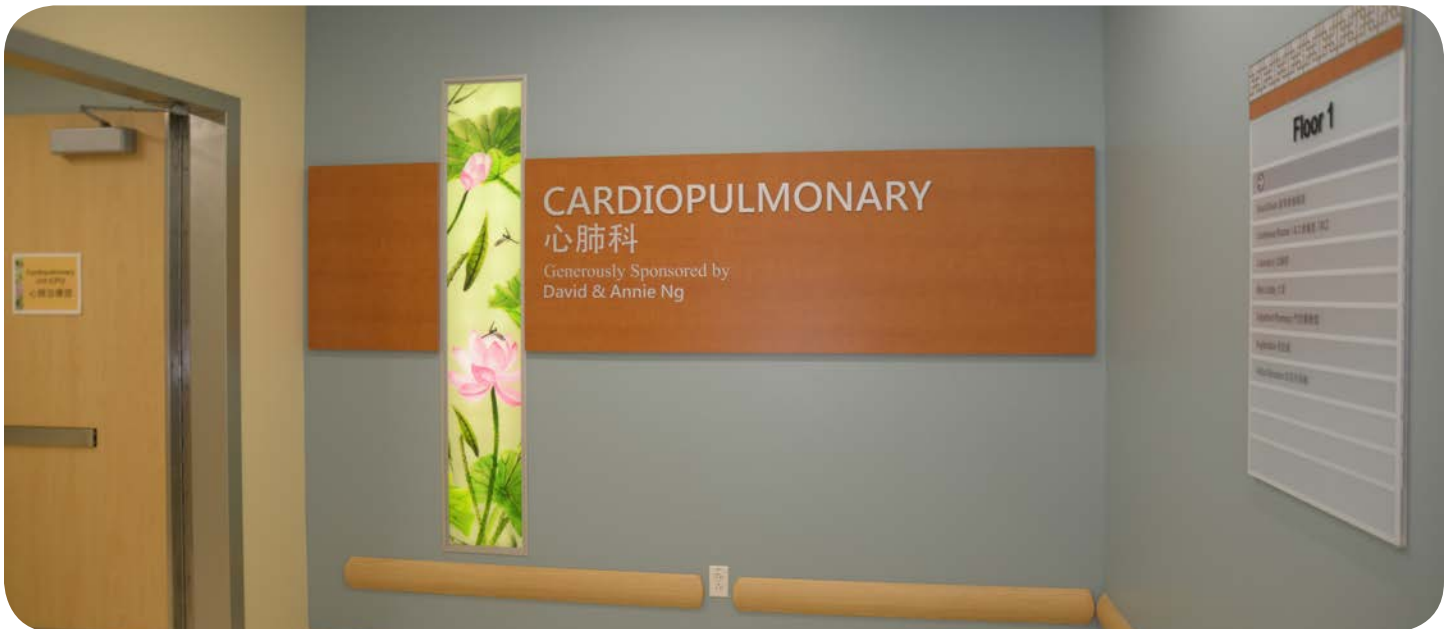
The Cardiopulmonary Unit (CPU) provides various procedures to evaluate heart and lung functions. It also offers various services for patients admitted to the hospital with breathing problems or difficulties. In October 2016, the CPU moved to the new patient tower into an expanded area, located on the first floor. With the new expanded area, the department is able to improve privacy and offer additional services to our patients.

The department is equipped with the latest new technologies and equipment to serve the community. CPU has two rooms available for treadmill testing, where patients will walk on a treadmill to evaluate the heart, new ultrasound devices to capture visual heart motion and

pictures, and new pulmonary functions testing equipment that can test lung function and evaluate breathing problems such as asthma or emphysema.

In the past year, we have completed a two year project to have all cardiac testing images and results for patients merged from four separate systems into one electronic record system. Cardiologists are able to access these files to complete reports and view their patient images and results from their offices.

For our inpatients, the CPU is staffed by Respiratory Therapists who assist nurses, physicians and other hospital staff to provide high quality care to patients with breathing problems or to help manage their chronic lung disease. The staff also helps to identify any equipment or needs when patients leave the hospital, such as oxygen, breathing medications or equipment.



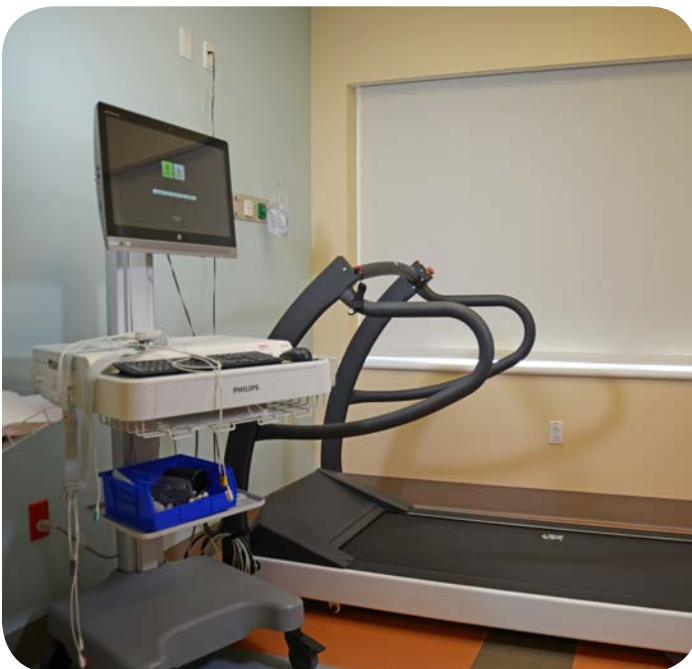
東華醫院新醫務大樓 心肺治療部 (CPU)

心肺治療部（CPU）提供各種測試來評估心肺功能，並為患有呼吸困難的住院患者提供各種服務。在2016年10月，心肺治療部遷移到面積更大的新醫療大樓的一樓。隨著新的擴展，本部門得以提高私隱度，並為我們的患者提供更多的服務。

為了服務社群，本部門配備了最新的技術和設備。首先，我們有兩個房間可用於跑步機測試，患者將在跑步機上行走以評估心臟機能；此外，全新的超聲設備可觀察心臟跳動和拍下圖片；全新的肺功能測試設備，可測試肺部功能並評估呼吸問題，如哮喘或肺氣腫。

去年，我們完成了為期兩年的系統合併項目，成功地將患者的所有心臟測試圖像及結果從四個獨立系統合併為一個電子記錄系統。心臟病專科醫生能夠取得這些文件來完成報告，並從他們的辦公室查看患者的心肺圖像和測試結果。

對於服務住院患者，本部門有呼吸治療師負責協助護士，醫生和其他醫護人員，為患有呼吸問題的患者提供高質素的護理或幫助治療慢性肺部疾病。本部門的醫護人員還協助病人在離開醫院時確定配有所需的設備，如氧氣，呼吸藥物或儀器。



Am I Taking My Medications Correctly?

Medications can play an important part in helping you achieve your best health. Taking your medications correctly and safely has a direct impact on how well your medications will work for you. Although we always encourage our members to speak with their community pharmacist regarding their medications, the pharmacy can often be a busy place where a full review may not always be possible.

CCHP provides our members with the opportunity to take advantage of our Medication Therapy Management (MTM) program. Run by pharmacists dedicated to one-on-one visits with you, the program includes a comprehensive medication review to educate you on the medications that you are taking, look for any medication interactions, and answer any medication-related questions. The pharmacist also addresses any problems you may have in taking your medication, can find the most cost-effective medications for you, and can tell your doctor if any medication changes are needed. Just like you have a regular check-up with your doctor, it's important to have your medications reviewed at least once a year by a medication expert like your CCHP pharmacist.

You may especially benefit from this medication if you:

1. Take more than 8 chronic medications
2. Have more than 3 chronic disease states
3. Use more than \$4,000 a year on medications (total drug cost)

This CCHP service can be provided in the comfort of your home (via telephone) or at our 835 Pacific Ave location. If you would like to schedule an appointment, please call CCHP Member Services at 1-888-775-788 or email at pharmacy@cchphealthplan.com.

我服用藥物的方法正確嗎？

藥物能幫助您得到最佳的健康。正確及安全使用藥物能讓藥物達到最佳的效用。我們雖然鼓勵會員向藥房的藥劑師詢問有關藥物的問題，但是藥房是經常繁忙的地方，未必能全面地為您檢查藥物單。

華人保健計劃為會員提供藥物治療管理（MTM）計劃，讓會員有機會與藥劑師單對單地一起進行全面的藥物清單檢查，藥物教育，尋找任何藥物相互作用，並回答任何與藥物有關的問題。藥劑師還協助解決您在服用藥物時可能遇到的任何問題，可以為您節省藥物費用及告訴您的醫生是否需要更換藥物。正如您和醫生進行定期檢查一樣，每年至少一次由您的藥物專家華人保健計劃藥劑師協助您進行藥物檢查最為重要。

如果您有以下情況，這計劃會令您受益：

1. 正在服用超過八種醫治慢性疾病的藥物
2. 患有超過三種慢性疾病
3. 每年藥物費用超過4,000美元（總藥物費用）

您可以在家中舒適地與我們的藥劑師通話或親臨我們835柏思域街的辦公室接受這項服務。如果您想安排預約，請致電 CCHP 會員服務部 1-888-775-7888 或發電郵致 pharmacy@cchphealthplan.com。



Helpful Glossary of Health Coverage and Medical Terms

Network Pharmacy – A network pharmacy is a pharmacy where members can get their prescription drug benefits. They called them “network pharmacies” because they contract with your plan. In most cases, your prescriptions are covered only if they are filled at one of the network pharmacies.

Out-of-Network Pharmacy – A pharmacy that doesn’t have a contract with your plan to coordinate or provide covered drugs to members. Most drugs you get from out-of-network pharmacies are not covered by your plan unless certain conditions apply.

Covered Drugs – The term used to mean all of the prescription drugs covered by your plan.

Extra Help – A Medicare program to help people with limited income and resources pay Medicare prescription drug program costs, such as premiums, deductibles, and coinsurance. The program is called Low-Income Subsidy Program or LIS.

保健計劃及醫療詞匯

聯網藥房 – 聯網藥房是本計劃會員可以享有配購處方藥福利的藥房。我們稱之為「聯網藥房」是因為這些藥房與本計劃簽有合約。大多數情況下，只有在聯網藥房配購的藥物才受到保障。

非聯網藥房 – 是指未與您的醫療健保計劃簽約向會員提供保障藥物的藥房。除非某些特殊情況，否則大部份從非聯網藥房配購的藥物都不受計劃保障。

保障藥物 – 是指受到您的醫療健保計劃保障的所有處方藥物。

額外資助 – 一項聯邦保健計劃，協助低收入及資產有限人士支付聯邦保健處方藥物費用，包括月費、扣除額及共付費。這計劃名為低收入補助計劃 (LIS)。

Be Prepared with ADVANCE HEALTH CARE PLANNING

The Advance Health Care Directive is a legal form that documents your written or oral instructions to health care providers regarding your medical treatment preferences. They are valuable during times when you are too sick to make the decision for yourself. It is helpful to complete an Advance Health Care Directive to prepare for the unexpected. That way, your doctors and family members do not have to guess what your preferences for health care and treatments are. This will also help to reduce anxiety, guilt, and possible conflicts with making a decision on your behalf.

To assist you in learning more about advance health care planning and in completing the required forms, please contact:

Chinese Community Health Resource Center
835 Pacific Ave., San Francisco
Tel: 1-415-677-2473

醫療照護事前計劃

“醫療照護事前指示”是一份用來記錄有關您自己的醫療意願的法律文件。若您因病重而無法作出任何醫療意願；事先填寫一份“醫療照護事前指示”，可以幫助您為一些突如其來的事情作好準備。

如此，您的醫生及家屬便不用猜測您的醫療意願，更可以減少他們的憂慮、內疚及彼此間因意見不合而造成的衝突。

華人社區健康資源中心可幫助您了解更多關於醫療照護事前計劃，並協助您填寫醫療照護事前指示。請聯絡：

華人社區健康資源中心保健資訊圖書室
三藩市柏思域街 835 號
電話: 1-415-677-2473



Did You Know?

1. Rubbing the inside of a banana peel on mosquito bites can help stop the itching. The anti-histamines in the banana peel sink into the skin to prevent further swelling and inflammation.
2. Honey is the only food that includes all the substances necessary to sustain life, including enzymes, vitamins, minerals, and water.
3. Drinking milk after having something really spicy can help take away the burning sensation.
4. Watermelon juice helps relieve muscle soreness before a workout. This helps to give muscles more oxygen.

Reference:

www.thehealthsite.com/diseases-conditions/banana-is-all-you-need-to-treat-a-mosquito-bite-bs0216/

caloriebee.com/nutrition/Benefits-of-Banana-Peels

rodaleinstitute.org/our-work/honeybee-conservancy/honeybee-facts/

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www.huffingtonpost.com/2013/08/27/watermelon-juice-sore-muscles-soreness_n_3757009.html

您知道嗎？

1. 受到蚊叮或蟲咬時，使用香蕉皮內層塗上患處，可以阻止瘙癢。因為香蕉皮含有完整的抗組胺，它會滲入皮膚內緩解腫脹和發炎。
2. 蜂蜜是唯一的食品能夠維持生命所需的物質，包含維生素，礦物質，和水。
3. 吃完辣的食物，喝牛奶會幫助抵消灼熱的感覺。
4. 在鍛煉之前，喝西瓜汁能幫助緩解肌肉酸痛。這樣能夠讓肌肉更多的氧氣。

參考資料：

www.thehealthsite.com/diseases-conditions/banana-is-all-you-need-to-treat-a-mosquito-bite-bs0216/

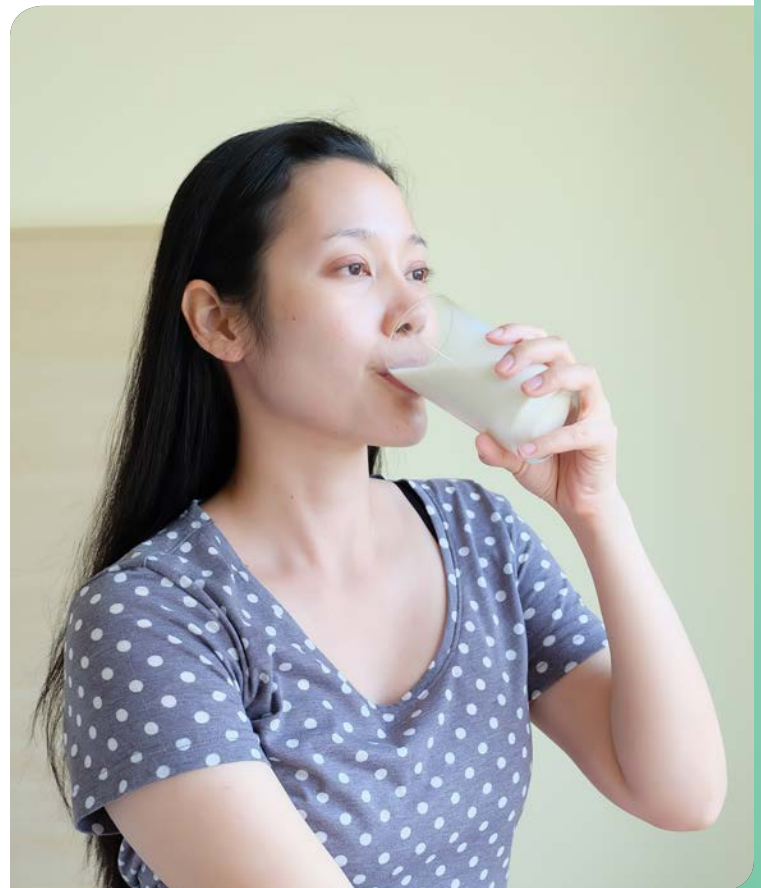
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Eat Well, Live Well Recipe – Stuffed Fuzzy Melon with Ground Pork & Shrimp

Sometimes, eating well and living well means enjoying dishes you like, but, modestly and in small servings. This recipe below is a decadent dish meant to enjoy occasionally and as an appetizer. Enjoy but responsibly!

(For 3 Servings)

Ingredients:

1 fuzzy gourd/melon (weighs about 1 pound)
6 oz ground pork
3 oz pureed shrimp
1 tbsp corn starch

Seasonings:

1/8 tsp salt
1/3 tsp sugar
1/5 tsp ground pepper powder

Steps:

1. Cut the fuzzy gourd into 1-1/2 inch round pieces and remove the pulp in the center.
2. Place ground pork and pureed shrimp into a big bowl, mix thoroughly with all seasonings, and put it in the center of fuzzy gourd pieces.
3. Steam the fuzzy gourd pieces over high heat for 40 minutes. Filter out the juice from the steamed fuzzy gourd and mix with corn starch to make the gravy. Pour the gravy on top and serve.

Each serving provides the following nutrients:

Kilocalories: 201kcal	Cholesterol: 76mg
Protein: 14g	Dietary Fiber: 0.6g
Carbohydrate: 3.2g	Sodium: 292mg

每份材料含以下營養：

熱量：201千卡	膽固醇：76毫克
蛋白質：14克	食用纖維：0.6克
碳水化合物：3.2克	鈉(鹽)：292毫克



健康美食 – 肉蓉扒瓜脯

吃得好，生活得好，有時是意味著享受您喜歡的菜餚，但要適度和有節制。以下的食譜是一種偶爾享受的開胃菜式。請享受但要有節制！

(材料 3人份量)

材料：

節瓜一條（約1磅重）
碎豬肉（梅頭肉）6盎司
蝦膠3盎司
生粉1湯匙

醃料：

鹽1/8茶匙
糖1/3茶匙
胡椒粉1/5茶匙

製法：

1. 將節瓜刨皮切成1吋半厚的瓜件，去除瓜瓢備用。
2. 將碎豬肉和蝦膠放入盆中，加入全部醃料攪勻搓透，然後釀入瓜心裡。
3. 大火隔水蒸40分鐘取出，用濾出來的湯汁加生粉打芡，淋上即成。

The Importance of Regular Exercise

You've probably heard that exercise is good for you. As educators in American school districts agree — exercise is wise. Nearly every American knows that regular exercise greatly improves the overall health of an individual.

From preventing diseases to simply improving the mood of an individual, exercise boosts the energy and mood of a person by releasing brain chemicals (that are found to be released as mood enhancers and in response to painful stimuli) during and after vigorous exercise.

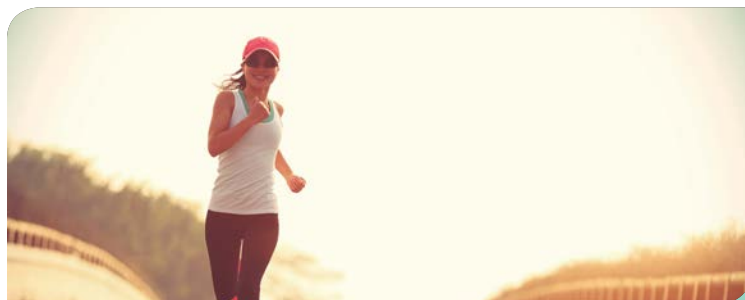
Exercise can also assist people in losing weight since calories are burned off depending on the exercise. Regardless of weight goals, exercise also increases the amount of high-density lipoproteins (HDL) also known as the “good cholesterol” and increases the flow of blood throughout the body. Studies have shown that fitness can prevent a wide range of health problems including stroke, depression, certain types of cancer, arthritis, and obesity. This, in turn, may significantly improve one's health with life-long health effects that will have a lasting impact on their lives.

定期運動的重要性

您可能聽說運動對您有益，而且美國校區的教育家同意多做運動是明智的。幾乎每個美國人都知道，定期運動大大提高了個人的整體健康。

運動能幫助預防疾病及輕易地改善情緒，因為運動時腦部釋放化學物質來增強人們的能量和心情，同時被證實有效提升好的情緒並減輕痛楚。

鍛煉也可以燃燒卡路里以幫助人們達到減肥的目標。運動的好處不僅於此。運動還會增加高密度脂蛋白（HDL）也稱為“良好的膽固醇”的數量，並增加血液在整個身體的流動。研究證明，運動可以預防廣泛的健康問題，包括中風，抑鬱症，某些類型的癌症，關節炎和肥胖。這會顯著改善我們的健康狀況，從而對生活產生持久及終生的影響。



Everyday Exercise Routine – Stomach Vacuum Exercise

- 1 Stand up straight and put your hands on your hips.
- 2 Blow out all the air out of your lungs completely.
- 3 Suck in your stomach as much as possible
- 4 Hold for 10 seconds.
- 5 Release, breathe normally and repeat.

日常運動小貼士 – 腹部收縮運動

- 1 站立，把你的手放在臀部。
- 2 徹底呼出所有的空氣。
- 3 盡可能地收縮腹部。
- 4 持續收縮腹部10秒鐘。
- 5 然後放鬆，正常呼吸並重複以上動作。



8 Ways to Lose Weight for the Summer

People typically put-on extra pounds during the winter and are anxious to shed them for the summer. If you have tried to lose those extra pounds with no success or have been on a diet roller coaster, it is time to try the following healthy weight loss principles. Before beginning a rigorous weight reduction program, consult your physician.

1. Be persistent and persevere. Giving up at any point after you start will waste time and energy.
2. Set realistic weight loss goals (approximately 1-2 lbs per week).
3. Keep a record of your eating and activity pattern to help you determine what habits need to be changed.
4. Substitute new and healthier behaviors in place of old bad habits (e.g. instead of eating a heavy supper and light lunch, try the reverse).
5. Take time to plan meals instead of relying on fast food or junk food.
6. Incorporate more physical activity into your day, e.g. take a walk at lunchtime, and use the stairs instead of the elevator. Go hiking, swimming, and biking etc. on weekends and holidays.
7. Balance eating and activity, avoid starving yourself or skipping meals. Select foods low in fat and sugar, high in fiber (e.g. whole grain breads and cereals, fruits, vegetables, dried beans, tofu, fish, skinless poultry, fat-free dairy products). Even reducing one less can of soda or sugary drink each day will help!
8. Establish a support system with friends and family or join support groups.

To help you set up a safe weight loss program, consult your doctor and/or a registered dietitian.

Above article contributed by the Chinese Community Health Resource Center
1- 415- 677-2473 www.cchrchealth.org

夏季減肥八大要訣

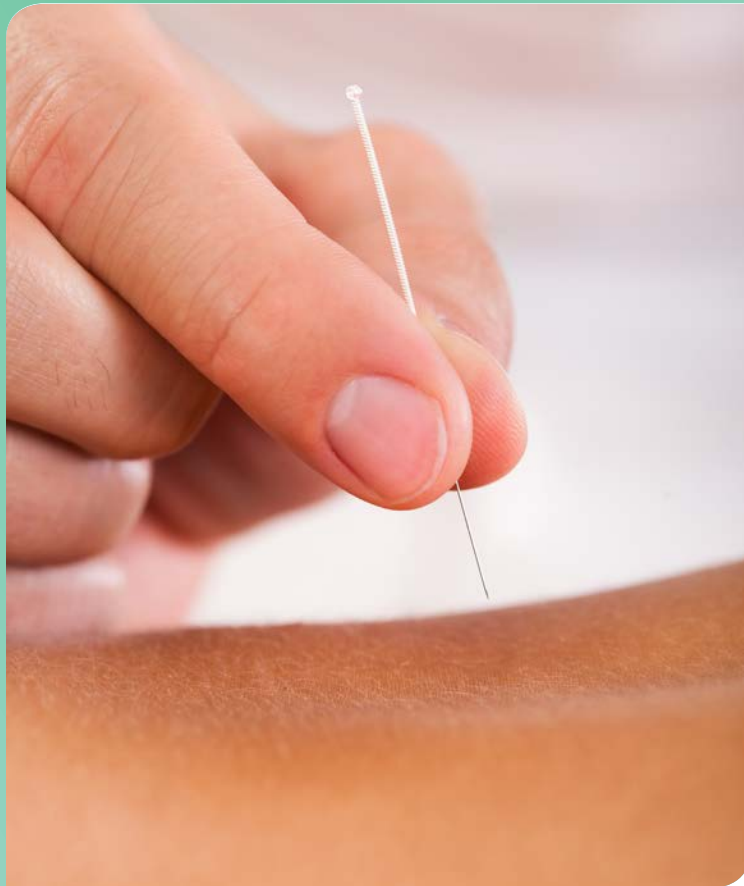
炎夏即將來臨，大部份的人都極想將入冬以來增加之體重減掉。如果您曾嘗試過減肥而不奏效，或體重時降時升，請採納如下八點健身減肥要訣。但在開始減肥之前，應諮詢您的醫生。



1. 有效的減肥方法需要有恆心和毅力。若半途而廢，只會白白浪費你的時間和消耗你的體力。
2. 訂下切合實際的減磅目標（如一週內約減一至兩磅）。
3. 記錄下平日之飲食及活動習慣以決定是否需要改變。
4. 實行新的，有益身心的習慣以替代舊的不良習慣。例如：原來晚餐吃多，中餐吃少改變為晚餐吃少，中餐吃多等等。
5. 計劃營養豐富的餐膳，勿過於依賴快餐及無營養價值而又高熱量的食品。
6. 平日多做體力活動，如午餐後散步，上樓梯而不坐電梯等。假日可以遠足，游泳，騎單車等。
7. 保持均衡的飲食及有規律的活動，切勿以節食或減餐來達到減肥的目的。選擇低脂肪、低糖、高纖維的食物，如全穀類麵包、麥皮、水果、蔬菜、乾豆類、豆腐、魚、去皮家禽類，脫脂奶類食品等。即使每日少喝一罐汽水也有助減肥。
8. 敦促家人、朋友支持鼓勵您減肥或參加減肥互助班。

如欲訂立一套有益身心的減肥計劃，諮詢您的醫生或註冊營養師。

以上資料由華人社區健康資源中心提供
1-415-677-2473 www.cchrchealth.org



Acupuncture and Weight Loss

With warmer days on the way, many people start thinking about weight loss. Although summer is as good a time as any to start planning to lose weight, keeping a healthy weight all year long is the ideal strategy for looking and feeling your best.

Good diet and proper exercise are the cornerstones for healthy weight management. Nevertheless, bad habits can be hard to break. Did you know that acupuncture can help? Acupuncture is very helpful in treating many forms of addiction, including mild to severe food addictions. It can also help to improve digestion and reduce stress. In addition, your acupuncturist can give you specific dietary recommendations for your specific needs. For example, many people think that eating healthy means eating salads. From a Chinese Medicine perspective, this may not be the best choice for everyone. For example, a person with weak digestion might benefit more from drinking warm broth and eating cooked vegetables, rather than raw ones.

Similarly, while it is important to regularly challenge your heart and muscles with cardiovascular exercise, it doesn't necessarily mean you have to run or lift heavy weights. When it comes to exercise, acupuncturists usually recommend gentler activities such as tai chi, walking or yoga. These activities help to build a

person's qi or life energy, rather than deplete it through overexertion, dehydration, strain on joints or injury. These gentle exercises contribute to good balance, healthy muscles and joints, and can also help to increase relaxation and reduce stress.

For those who have a lot of weight to lose, more intensive acupuncture treatments are also available. In these cases, acupuncture treatment targets both weight reduction and slimming targeted areas of the body. Acupuncture needles are placed around specific areas and gentle electrical stimulation is applied. Dietary, exercise and lifestyle counseling are, of course, provided as well.

If you are interested in learning how acupuncture can help you to achieve a healthier weight, please contact Chinese Hospital East West Health Services at 1-415-795-8100 or 1-650-761-3542.

針灸與減肥

隨著天氣漸漸回暖，很多人又開始把減肥提上了日程。儘管夏天往往是進行減肥的好時機，但是如何保持健康體重，才是讓你長久維持體態健美、身心健康的關鍵。

良好的飲食習慣和適當的鍛煉是保持健康體重的基石。但是不好的生活習慣卻很難被打破。然而您知道針灸對此有幫助嗎？針灸對治療多種癮症非常有效，包括程度不等的食癮。它還能幫助改善消化和減輕壓力。另外，針灸師還能針對您的需求給出個人化的飲食建議。例如，很多人以為健康飲食就是吃沙拉。但是從中醫的角度來講，這並不適用於所有人。比如對於腸胃虛弱的人來說，喝湯和食用熟的蔬菜，要比吃生的食物更有益。

同樣的，通過有氧運動鍛煉自己的肌肉和心肺功能很重要，但這並不意味著你必須要跑步或者舉重。針灸師常常會建議您通過太極、走路、或者瑜伽等柔和的運動來鍛煉身體。這些運動能夠幫助一個人“養氣”，而不會讓人過度疲勞、脫水、扭傷關節或者造成其他運動傷害。這些和緩的運動能幫助您擁有良好的平衡感、健康的肌肉和關節，同時使您放鬆解壓。

對於那些需要大量減重的人來說，可以選擇強度較高的針灸治療。這種情況下，針灸的目標除了減重以外還包括特定部位的瘦身。針灸師會在您想要瘦身的特定部位下針，並輔以輕微的電刺激。當然，他們還會提供相關的飲食、運動以及生活方式的諮詢與引導。

如果您有興趣了解更多關於如何通過針灸來達到健康體重的信息，歡迎您致電東華醫院中西醫門診，電話 1-415-795-8100 或者 1-650-761-3542。

Preventing Dehydration

Dehydration means loss of fluids. Water makes up about 50% of our body weight. Older people are more likely to develop dehydration because total body water and the feeling of thirst decrease with age.

Signs and Symptoms of Dehydration:

- Dry mouth and tongue
- Decreased or no urination
- Sunken eyes
- Pale, cool and clammy skin
- Dizziness, confusion or coma
- Low blood pressure
- Weak and rapid heart rate

Causes of Dehydration:

- Not enough fluid intake
- Excessive fluid loss — due to severe vomiting or diarrhea, high fever, heavy sweating
- Hot weather

Prevention and Treatment for Dehydration:

- To prevent overheating — wear lightweight clothing; wear a hat when out in the sun; stay indoors when temperatures are high; carry a bottle of water with you and take frequent sips.
- For minor dehydration, take frequent small amounts of clear liquids or electrolytes (such as diluted Gatorade).
- Severe dehydration requires medical attention and intravenous fluids to treat the problem.

Above article contributed by the Chinese Community Health Resource Center

1- 415- 677-2473 www.cchrchealth.org

預防脫水

脫水是指身體內失去水份。水份佔身體體重大概百分之五十。隨著年齡的增長，身體含水量逐漸減少，口渴的知覺也較遲頓，所以老年人較易產生脫水的現象。

脫水的症狀

- 口乾、舌燥
- 小便量減少或完全沒有尿液

- 眼眶凹陷
- 臉色蒼白、皮膚冰涼
- 頭暈、神智混亂及昏迷
- 脈搏微弱且速度加快

脫水的原因

- 水份攝取不足
- 水份損失過多-因嚴重嘔吐或腹瀉、持續發高燒、大量出汗
- 炎熱的天氣

如何預防及治療脫水

- 預防中暑 - 穿透氣的衣服；外出在烈日之下應帶帽子；天氣炎熱的日子應留在室內；隨身帶一瓶水，不時不喝一口。
- 輕微脫水時，應多次飲用小量的清流質或電解質飲料(如沖淡的 Gatorade)
- 嚴重脫水需要醫療護理和靜脈液體注射來治療。

以上資料由華人社區健康資源中心提供
1-415-677-2473 www.cchrchealth.org





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這季刊會注重每季度健康的主題和活動，對您，您的家人及親友都很有益。健康寶貴，分享無價。請您仔細閱讀及積極參與這些活動的同時，將這季刊在您的親友之間傳閱。如果您想索取更多副本或剔除您的郵寄地址，請致電 1-628-228-3257，電郵 Info@CCHPHealthPlan.com 或上網瀏覽：

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IMPORTANT CONTACT INFORMATION 重要聯絡資料

CCHP Member Services CCHP 會員服務	CCHP Member Services Center - Chinatown CCHP 會員服務中心 - 華埠 827 Pacific Ave., San Francisco www.CCHPHealthPlan.com/memberservices	1-415-834-2118	Chinese Hospital Clinics 東華醫院門診中心	Sunset Health Services 日落區華康醫務中心 1800 31st Ave., San Francisco www.chinesehospital-sf.org	1-415-677-2388
	CCHP Member Services Center - Daly City CCHP 會員服務中心 - 帝利市 386 Gellert Blvd., Daly City www.CCHPHealthPlan.com/memberservices	1-415-834-2118		Excelsior Health Services 米慎區華康醫務中心 888 Paris St., #202, San Francisco www.chinesehospital-sf.org	1-415-677-2488
Health Education 健康教育	Chinese Community Health Resource Center 華人社區健康資源中心 835 Pacific Ave., San Francisco www.cchrchealth.org	1-415-677-2473		Daly City Health Services 帝利市華康醫務中心 93 Skyline Plaza, Daly City www.chinesehospital-sf.org	1-650-991-8883
Chinese Hospital 東華醫院	Chinese Hospital 東華醫院 845 Jackson St., San Francisco www.chinesehospital-sf.org	1-415-982-2400		Gellert Health Services Gellert 華康醫務中心 386 Gellert Blvd., Daly City www.chinesehospital-sf.org	1-650-761-3500
	Support Health Services 東華醫院健康服務中心 845 Jackson St, Floor B1, San Francisco www.chinesehospital-sf.org	1-415-677-2370		East West Health Services - Financial District 中西醫學門診 - 金融區 632 Commercial St., Suite 100 San Francisco www.chewhs.org	1-415-795-8100
	Chinese Hospital Outpatient Center 東華醫院門診中心 386 Gellert Blvd., Daly City www.chinesehospital-sf.org	1-650-761-3500		East West Health Services - Daly City 中西醫學門診 - 帝利市 386 Gellert Blvd., Daly City www.chewhs.org	1-650-761-3542