



# CARE BY CCHP

## 社區健康季刊



2021 Q1 | JAN - MAR

第一季 | 一月至三月

## Message from CCHP 寄語



### A Healthier Life in the New Year 新的一年讓身體更健康

A new year means new goals for a better lifestyle. In 2021, all of us will have so many things to look forward to - new opportunities for better health and re-discovering experiences we did not enjoy in 2020.

We should still be mindful of our personal and family safety in 2021. There are things we can do to prepare for success in managing our health.

Achieving better sleep is one goal that can be a foundation for happiness and health! Physicians and nurses will tell you that a good night's sleep is just as important as regular exercise and a healthy diet. Some tips include:

- Make specific plans for daily, uninterrupted, sleep.
- Keep your phone, TV, and other screens away at least an hour before sleeping.
- Create optimal surroundings - sound, temperature, and light should all be controlled so that you have a relaxing sleep environment.

CCHP supports the healthy lifestyles of everyone. Let's start 2021 with new goals every month for enjoyment and health.

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新年新開始，也是為健康訂立新目標的良好時機。我們相信每位會員都期待在2021年活得更健康，更快樂，並重拾2020年未能享受到的美好。

當然，我們仍然需要注意自己和家人的安全。您可以嘗試以下簡單而又安全的方法來改善健康。

改善睡眠質素 - 醫生和護士會告訴您，良好的睡眠質素是確保健康的重要因素之一，與定期運動和均衡飲食同樣重要。以下是一些改善睡眠質素的建議：

- 制定個人睡眠時間表，堅持有規律的作息。
- 在睡前至少一個小時，減少看手機、電腦、電視螢幕。
- 創造最佳睡眠環境，控制臥室噪音、隔絕光線及保持通爽。

CCHP致力協助會員建立健康的生活態度及實踐健康的生活；讓我們為2021年訂立每月目標，積極向健康生活進發。



## Message for Members 會員重要訊息

### Welcoming a New Mail Order Pharmacy in 2021

We would like to welcome a new partner to our network - MedImpact Direct Mail (MIDM). Starting January 1, 2021, MIDM will provide mail order drug delivery services to our members. When you order a 90-day supply of maintenance medications through mail order service, you will receive a 1-month copay discount – which means you receive a 3-month supply for the cost of a 2-month supply.

#### **Filling your medications through the mail service pharmacy is easy!**

For first-time mail order members, please create a MIDM account online at [www.medimpact.com](http://www.medimpact.com) or through the mobile app “MedImpact”. Then, call MIDM Customer Service for help transferring prescriptions.

\*If you are currently filling mail order medications through Costco Mail, you may continue to receive medications through December 31, 2020. On January 1, 2021, your medications at Costco Mail will be transferred to MIDM. Please create a MIDM account online and call MIDM Customer Service when you are ready.

**MedImpact Direct Mail (MIDM) Customer Service**  
**1-855-873-8739 (TTY 711)**  
**Monday - Friday: 5 AM – 5 PM**  
**Saturday: 6 AM to 2 PM**

If you have questions regarding your mail order benefit, please contact CCHP Member Services at 1-888-775-7888 (TTY 1-877-681-8898), 7 days a week, 8 AM to 8 PM.



### 歡迎我們新的郵購藥房

CCHP 很高興宣布與 MedImpact Direct Mail (MIDM) 合作，從2021年1月1日開始為會員提供郵購配藥服務。現凡通過郵購配藥服務訂購90日藥量的處方藥，便可減免1個月的自付費。簡單來說，您只需要支付2個月的自付費便可獲得3個月藥量的處方藥。

#### **使用郵購配藥服務方便又容易！**

首次使用郵購配藥服務的會員，請到 [www.medimpact.com](http://www.medimpact.com) 或使用手機應用程式 “MedImpact” 建立一個帳戶，然後聯絡MIDM客戶服務，他們會把您的處方藥單轉到MIDM。

\*如果您正在使用 Costco Mail 郵購配藥服務，您仍可使用它們的服務至2020年12月31日。由2021年1月1日起，您的郵購配藥服務會轉到MIDM。請建立一個MIDM帳戶及聯絡MIDM客戶服務。

#### **MIDM客戶服務電話**

1-855-873-8739 (聽力殘障人士 TTY 711)  
星期一至五:上午5時至下午5時  
星期六:上午6時至下午2時

如對郵購配藥服務保障有疑問，請聯絡CCHP會員服務中心，電話: 1-888-775-7888 (聽力殘障人士 TTY 1-877-681-8898)，每週7天，上午8時至晚上8時。

# Health Education 健康教育



## Colorectal Cancer Screening

Colorectal cancer is a type of cancer that occurs in the colon or rectum and is the third most common cancer in the world. Because many with colorectal cancer experience no symptoms in the early stages of the disease, it is important to get screened in accordance with national guidelines. Getting screened for colorectal cancer routinely can be the most effective way to prevent and treat colorectal cancer.

### What is colorectal cancer screening?

Colorectal cancer screening can help identify people who have colorectal cancer before they have any symptoms, so that treatment could start earlier. There are two main types of screening tests for colorectal cancer: stool-based tests and visual exams. Stool-based tests examine the stool for possible signs of colorectal cancer or pre-cancerous polyps; whereas visual exams, such as a colonoscopy, use special camera equipment to look at the inside of the colon and rectum for any abnormal areas.

### Who should be screened for colorectal cancer?

The U.S. Preventive Services Task Force recommends that adults age 50 to 75 be screened for colorectal cancer. If you have a family history of colorectal cancer or other colon-related disease, you could be at a higher risk for colorectal cancer. Consult your healthcare provider for more clinical guidance.

This information is provided by Justin Quock, M.D., Director of Oncology Services at Chinese Hospital.

## 大腸癌檢查

大腸癌是指在結腸或直腸組織中形成的腫瘤，是世界上第三大最常見的癌症。定期接受檢查是預防大腸癌的最有效方法，而且及早發現及盡早接受治療可以提高根治的機會。此外，早期大腸癌幾乎沒有任何症狀，因此按照指引去接受檢查非常重要。

### 甚麼是大腸癌檢查？

大腸癌檢查是指為沒有症狀的人進行檢查，從而找出患病人士以便及早治療。大腸癌檢查主要有兩種，分別是大便測試及大腸鏡檢查。大便測試可以偵測癌症及瘰肉，而大腸鏡檢查則使用特殊儀器來檢查大腸是否有瘰肉或其他不正常細胞組織。

### 甚麼人需要接受大腸癌檢查？

美國預防服務工作小組建議年齡介乎50至75歲的成年人進行大腸癌檢查。此外，有大腸癌或其他結腸疾病家族病史的人患上大腸癌的風險亦比一般人高。欲索取更多相關的資訊，請向您的醫生諮詢。

以上資訊由東華醫院腫瘤科主任郭顯民醫生提供。

**Chinese Hospital Cancer Center**  
東華癌症中心

845 Jackson St, 1/F  
San Francisco, CA 94133

1-415-677-2370

Sources 資料來源：  
[https://www.cdc.gov/cancer/colorectal/basic\\_info/screening/index.htm](https://www.cdc.gov/cancer/colorectal/basic_info/screening/index.htm)  
<https://www.cancer.gov/types/common-cancers>

# Eat Well, Live Well Recipe

## 東華醫院註冊營養師健康美食推介食譜



### Healthy Rice with Wild Ya & Mushroom

#### Ingredients (4 servings):

100g Wild yam  
20g Enoki mushroom  
100g King oyster mushroom  
20g Shimeji mushroom  
100g Fresh shiitake mushrooms  
50g Dried black fungus  
1 tbsp Goji berry  
½ Tomato  
1 tbsp Green pea  
1 cup 8-Blend wholegrain rice  
1 tbsp Quinoa (optional)  
2 Scallion (cropped)

#### Seasoning:

¼ tsp salt  
¼ tsp white pepper powder  
¼ tsp ginger powder  
2 tsp garlic paste  
2 tbsp olive oil  
½ tbsp soy sauce

#### Instructions:

1. Rinse rice and quinoa, soak for 10 minutes with 1 cup of water, then add bits of salt, white pepper powder and olive oil, cook in rice cooker until it's ready or simmer for 40 minutes.
2. Slice thin wild yam, fresh shiitake mushrooms, King oyster mushroom, black fungus and tomato, soak black fungus in water until soft.
3. Rinse other mushrooms, goji berry, green pea and scallion, set aside
4. Heat the pan with oil, stir fry king oyster mushroom and fresh shiitake mushrooms until tender and golden.
5. Then add garlic paste, wild yam, enoki mushroom, shimeji mushroom and all seasoning, cook until heat through.
6. Mix with rice, garish with scallion and goji berry.

Recipe Provided Courtesy of World Journal, Nutritional Information Provided by Chinese Hospital Registered Dietitian.

### 山藥菌菇養生飯

#### 材料：(4人份量)

山藥 100克  
金針菇 20克  
杏鮑菇 100克  
鴻禧菇 20克  
鮮冬菇 100克  
黑木耳 50克  
杞子 1湯匙  
蕃茄 半個  
青豆 1湯匙  
養生米 1杯  
藜麥 1湯匙 (選擇性)  
蔥 2條 (切粒)

#### 調味料：

鹽 ¼茶匙  
胡椒粉 ¼茶匙  
薑黃粉 ¼茶匙  
蒜蓉 2茶匙  
橄欖油 2湯匙  
豉油 半茶匙

#### 做法:

1. 洗淨養生米及藜麥，浸水10分鐘，加少許鹽、胡椒粉及橄欖油，放入電飯煲蒸熟。
2. 將山藥、鮮冬菇、杏鮑菇、蕃茄及已浸軟的黑木耳洗淨切片。其他菌菇、杞子、青豆及蔥洗淨備用。
3. 熱油爆炒杏鮑菇及鮮冬菇至金黃。
4. 加蒜蓉炒香，再放入金針菇、鴻禧菇、黑木耳、蕃茄、青豆和山藥拌炒；加鹽、胡椒粉、薑黃粉和豉油調味。
5. 炒好的山藥及雜菌菇拌入蒸熟的飯中，洒上蔥花和杞子即可。

此食譜由世界日報提供，營養資料由東華醫院註冊營養師提供

#### Nutrition information per serving:

##### 每份材料含以下營養：

Calories 卡路里：205kcal	Phosphorus 磷：41mg
Protein 蛋白質：4g	Vitamin A 維他命 A：438iu
Total Fat 脂肪：8gm	Vitamin C 維他命 C：10mg
Sodium 鈉（鹽）：180mg	Vitamin D 維他命 D：5mg
Potassium 鉀：224mg	Calcium 鈣：12mg
Fiber 纖維：5g	
Carbohydrates 碳水化合物：30gm	

Reference 參考資料：FoodData Central - USDA

### Healthy Exercise Tips 健康運動小貼士

#### Knee Lifts

1. Stand up straight with hands on your waist
2. Slowly lift one foot off the floor and aim the knee toward your chest
3. Hold for 5 seconds
4. Slowly lower the foot to the floor, and repeat with the other leg
5. Repeat 5-10 times

#### 膝頭提升運動

1. 直立雙手放在腰上
2. 慢慢將一隻腳抬起，膝頭拉向胸部
3. 保持5秒鐘
4. 慢慢將腳放回地上，然後另一隻腳重複動作如上
5. 重複5-10次



Exercise Tips Provided by CCHRC  
資料由華人社區健康資源中心提供



# Balancing Western Medicine with Eastern Remedies 東方中醫療法與西藥的平衡

## Traditional Chinese Medicine for Liver Health

Spring is the ideal time to balance the flow of qi (energy). Many people know that qi stagnation can cause pain and illness, but they may not know that it can create negative impacts on our emotional well-being. For example, liver qi stagnation causes people to become more irritable, unable to relax or let things go. Similarly, unhealthy emotions will cause qi stagnation, especially qi in the liver. These two factors will hence create a vicious cycle.

### Liver 3 (Tai Chong/Great Surge)

This acupuncture point can help liver qi flow smoothly, and it is in the depression distal to the junction of the first and second toes. You can lightly massage this point with your fingers for 5 seconds or until slightly tender.

This article is a general guideline. To find a treatment plan tailored to you, please talk to us or a licensed acupuncturist.

This information is provided by Emily Yuen, L.Ac., at Chinese Hospital East West Health Services



## 中醫療法：春季養肝

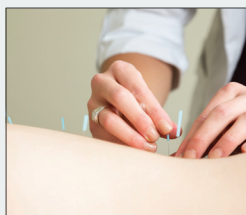
踏入春季，氣溫逐漸暖和，正是平衡血氣的好時機。很多人知道氣滯會引致疼痛或疾病，但卻不知道氣滯會影響情緒健康。例如，肝氣鬱結會使人變得煩躁、無法放鬆或放下事情。同樣地，負面情緒也會導致氣滯，尤其肝氣更甚。氣滯可為情緒帶來負面影響，而負面情緒又會加重氣滯，結果形成惡性循環。

### 太衝穴 (Lv3)

太衝穴位於足背大拇趾及第二趾中間兩根骨頭交會凹陷之處。此穴具有疏肝、解鬱的作用。您可用指腹按揉此穴5秒或感到微痛為止。

以上資訊僅供參考。想了解哪些治療適合您，歡迎聯絡我們或向持牌針灸師諮詢。

此文由東華醫院中西醫學門診阮寶儀中醫針灸師提供。



Chinese Hospital East West Health Services

**Phone:** 1-415-795-8100 (San Francisco)  
1-650-761-3542 (Daly City)

**Website:** [www.chewhs.org](http://www.chewhs.org)

東華醫院中西醫學門診中心

**電話:** 1-415-795-8100 (三藩市)  
1-650-761-3542 (帝利市)

**網址:** [www.chewhs.org](http://www.chewhs.org)

## Community News 社區消息

### Healthy Eating in the New Year

Good health begins with a healthy diet. Being mindful of the foods you eat can make a difference in the health of you and your family. Try to eat a variety of fresh fruits, vegetables, whole grain products, and fat-free or low-fat dairy products. The Chinese Community Health Resource Center's free bilingual website can help you learn more about maintaining a healthy, well-balanced diet. Please visit [www.cchrchealth.org/health-education-materials](http://www.cchrchealth.org/health-education-materials) to learn more.



[www.cchrchealth.org](http://www.cchrchealth.org)

### 新一年的健康飲食

健康飲食是健康的基礎。新一年，您可以嘗試進食各種新鮮水果、蔬菜、全穀物食物及脫脂或低脂乳製品。華人社區健康資源中心的免費雙語網站提供很多有關如何保持健康及維持均衡飲食的資訊，您可到 [www.cchrchealth.org/health-education-materials](http://www.cchrchealth.org/health-education-materials) 查詢。



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[www.cchphealthplan.com/community-newsletter](http://www.cchphealthplan.com/community-newsletter)

[www.cchrchealth.org/health-newsletters-2/](http://www.cchrchealth.org/health-newsletters-2/)

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](mailto:Info@CCHPHealthPlan.com) 或上網瀏覽：  
[www.cchphealthplan.com/community-newsletter](http://www.cchphealthplan.com/community-newsletter)  
[www.cchrchealth.org/health-newsletters-2/](http://www.cchrchealth.org/health-newsletters-2/)

Please check for  
updates on classes at:

請上網查詢健身課程  
及健康講座的最新資訊：

[www.cchphealthplan.com/classes-and-events](http://www.cchphealthplan.com/classes-and-events)

## IMPORTANT CONTACT INFORMATION 重要聯絡資料



Chinese Hospital  
Health System  
東華醫院醫療體系



CHINESE  
HOSPITAL  
& CLINICS



CCHP  
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Chinese  
Community  
Health  
Resource  
Center  
華人社區健康資源中心

CCHP Member Services CCHP 會員服務	CCHP Member Services Center - Chinatown CCHP 會員服務中心 - 華埠 445 Grant Ave, San Francisco <a href="http://www.CCHPHealthPlan.com/memberservices">www.CCHPHealthPlan.com/memberservices</a>	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 <a href="http://www.chinesehospital-sf.org">www.chinesehospital-sf.org</a>	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 <a href="http://www.CCHPHealthPlan.com/memberservices">www.CCHPHealthPlan.com/memberservices</a>	1-415-834-2118		Excelsior Health Services 外米慎區華康醫務中心 888 Paris St, #202, San Francisco <a href="http://www.chinesehospital-sf.org">www.chinesehospital-sf.org</a>	1-415-677-2488
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Chinese Hospital 東華醫院	Chinese Hospital 東華醫院 845 Jackson St, San Francisco <a href="http://www.chinesehospital-sf.org">www.chinesehospital-sf.org</a>	1-415-982-2400		East West Health Services - Chinatown/Financial District 中西醫學門診 - 華埠/金融區 445 Grant Ave, Ground Floor, San Francisco <a href="http://www.chewhs.org">www.chewhs.org</a>	1-415-795-8100
	Support Health Services 東華醫院健康服務中心 845 Jackson St, Floor B1, San Francisco <a href="http://www.chinesehospital-sf.org">www.chinesehospital-sf.org</a>	1-415-677-2370		East West Health Services - Daly City 中西醫學門診 - 帝利市 386 Gellert Blvd, Daly City <a href="http://www.chewhs.org">www.chewhs.org</a>	1-650-761-3542
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