



# CARE BY CCHP

## 社區健康季刊



2022 Q1 | JAN - MAR

第一季 | 一月至三月

## Message from CCHP 寄語



### Creating an Action Plan for Your Health Goal

A new year means a fresh start for a healthier lifestyle. It is time to think about goals to help improve your physical and mental wellbeing. Everyone's health goals will look different. It could be sitting down and meditate, starting an exercise routine, following a healthier diet, or connecting more with friends and family.

Have you noticed it is often easier to set health goals than to turn them into habits? Consider writing down an Action Plan by answering these questions:

- Is your goal achievable and practical?
- Is it action-specific? (For example, losing weight is not an action; replacing snacks with fruits is.)
- Be as specific as you can: How much, when, and how often will you commit to this goal?
- Are you confident that you can turn this into a healthy habit? (If not, you may need to tune your plan.)

Take charge of your health in the new year. Schedule an appointment for an annual visit and discuss your health goal with your doctor. May your 2022 be filled with positivity and happiness.

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### 為健康目標建立行動計劃

「一日之計在於晨，一年之計在於春」，每年到了這個時候，我們都可以為自己的健康做好計畫、設定目標，並付諸行動來提升身心健康。您的目標可以是每日抽時間進行冥想、開始一個新的健身計劃、實行健康飲食或多與朋友家人聯繫。

知易行難，您可能都知道實現目標從來不容易，但您可以透過以下的思考方法來制定一個具體行動方案。

- 您的目標是否可以實現及務實？
- 您的目標包括什麼具體行動？減重是您的目標，您的具體行動可以是用水果來代替零食。
- 把目標變得具體。例如：減多少體重？何時執行？何時完成？
- 您是否有信心把行動變為習慣？如沒有，您可能需要調整目標。

在新的一年，讓我們活得更健康。請不要忘記每年一次的年度體檢，您可以和醫生討論您的健康目標。祝您和家人新的一年，身體健康，生活愉快。



## Message for Medicare Members 聯邦保健會員重要訊息

### NationsOTC® Update

Great News! CCHP is proud to announce our continued partnership and collaboration with NationsOTC® in 2022 to offer **CCHP Senior Program (HMO)** and **CCHP Senior Select Program (HMO D-SNP)** members a quarterly stipend towards the purchase of over-the-counter (OTC) medications, health and wellness product and first aid supplies. Members who qualify for NationsOTC® are able to order these products by phone, online, or by mail. The order is mailed to the member's home at no additional cost.

**Starting on January 1, 2022**, the over-the-counter (OTC) medication(s) listed below will be covered at no cost under the NationsOTC® program, medications include but are not limited to: **artificial tears, nicotine patches** and **polyethylene glycol 3350 (generic for Miralax)**. Your local pharmacy will not be able to provide it unless you pay for these out of pocket. CCHP will be sending out the NationsOTC® Catalog prior to the New Year with the extensive list of over-the-counter products that will be covered through this program for the 2022 benefit year. If you have any questions about these changes, or need additional assistance, please contact Member Services at **1-888-775-7888** (TTY 1-877-681-8898), 7 days a week from 8:00 a.m. to 8:00 p.m. You can also visit our website at **www.CCHPHealthPlan.com/medicare-member** for more information.



### 非處方藥物 (NationsOTC®) 保障更新

好消息! 2022年, CCHP 會繼續與 NationsOTC 合作, 為**東華耆英計劃 (HMO)** 及**東華智選計劃 (HMO D-SNP)** 的會員提供購買非處方藥物 (OTC)、保健品及急救用品的季度津貼。符合 NationsOTC 資格的會員可通過電話、網上或郵寄方式訂購這類物品。物品將會寄到會員家中, 會員無需支付額外費用。

由2022年1月1日起, 以下非處方 (OTC) 藥物將由 NationsOTC 計劃免費承保, 藥物包括但不限於人工淚液、尼古丁貼片及聚乙二醇 3350 (即Miralax的非商標藥物)。藥房將不會提供上述非處方 (OTC) 藥物, 除非您自費購買。CCHP 將於新年前把 2022年 NationsOTC 計劃非處方物品承保清單寄給會員。如有疑問或需協助, 請致電會員服務部1-888-775-7888 (聽力殘障人士請電1-877-681-8898), 每週七天, 上午八時至晚上八時。您亦可以瀏覽我們網站 [www.CCHPHealthPlan.com/medicare-member](http://www.CCHPHealthPlan.com/medicare-member) 了解更多資訊。



# Health Education 健康教育



## Digestive Health during the Holidays

Enjoy the upcoming holidays but make sure you are celebrating in a safe and healthy way!

The holidays are a time of good cheer and good food, but your digestive system may disagree. Consuming large amounts of fatty, salty, and sweet food may cause digestive issues.

To eat well and feel well, try these tips:

- Eat a small snack before meals. Choose fresh or dried fruits and vegetables, low-fat dairy products, unsalted nuts, and whole wheat crackers.
- Limit alcohol and caffeine. Try infusing water with fresh fruits and herbs for a refreshing alternative.
- Avoid lying down after meals to prevent heartburn and indigestion.
- Pick vegetables and whole grains as sides to increase fiber intake and prevent constipation.
- Plan holiday cooking and shopping ahead of time to reduce stress.

### Online Bilingual Articles

- Digestive and Intestinal Health  
<https://www.cchrchealth.org/digestive-and-intestinal-health/>

If you have any questions related to your digestive health or diet, contact your doctor or a registered dietitian.

*Information is provided by Chinese Community Health Resource Center.*

## 在節日期間，關注你的消化健康

假期將至，但請以健康及安全的方式來慶祝！

很多人在節日也會和家人朋友一起享受美食，但不多不少也會為腸道帶來負擔。進食大量油膩、咸或甜的食物會容易導致消化不良。

如果您想在節日時輕鬆享受美食，可嘗試以下建議：

- 飯前吃一點小食，可選擇新鮮水果或蔬菜、乾果、低脂乳製品、無鹽果仁或全麥餅乾。
- 限制攝取酒精或咖啡因，可嘗試把水果或香草加入水中。
- 飯後避免躺下，以防止胃灼痛及消化不良。
- 選擇蔬菜或全穀物作為配菜，這樣可提高纖維攝量及防止便秘。
- 提早計劃及預備食材，以減輕壓力。

### 網上雙語文章

- 消化和腸道健康  
<https://www.cchrchealth.org/tw/digestive-and-intestinal-health/>

如對消化系統健康或飲食有任何問題，請聯繫醫生或註冊營養師。

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



## Tasty, Healthy Drink for the Holidays

The holidays are coming! Are you ready to celebrate with friends and family with good food and drinks? However, these delicious foods may be high in saturated fats and cholesterol, which are linked to an increased risk of heart disease and stroke.

There is a delicious drink with 3 simple ingredients to help lower cholesterol and you can try it.

### Ingredients:

**1 Apple, 15g Dried Hawthorn Berry (Shan Zha),  
5g Aged Orange Peel (Chen Pi)**

### Preparation:

1. Cut apples into cubes. (with or without peel)
2. Soak dried hawthorn in water for 10 minutes.
3. Soak dried orange peel in water for 10 minutes
4. Put all 3 ingredients in a pot with 700ml water.  
Bring to boil and simmer 15-20 minutes.
5. Allow to cool and enjoy!

You could also cut the recipe in half, and put ingredients in a thermal bottle with hot water. Soak it for at least 30 minutes before enjoying.

*This information is provided by Esther J. Chen, L.Ac.  
at Chinese Hospital East West Health Services*

## 節日健康特飲

假期即將來臨！您準備好與家人朋友一起聚餐慶祝嗎？然而，很多美味的食物都可能是高脂及高膽固醇的陷阱，並隨時會增加心臟病或中風的風險。

以下介紹的飲品，只需3種簡單材料，但卻可以幫助降低膽固醇。您可以嘗試一下。

**材料：蘋果1個、山楂15克、陳皮5克**

### 準備：

1. 蘋果切粒。（可保留或削去果皮。）
2. 浸泡山楂10分鐘。
3. 浸泡陳皮10分鐘。
4. 將所有材料放入鍋中，加入700毫升的水用大火煮滾。然後關火，燜15至20分鐘。
5. 放涼便可享用！

此外，您可以將份量減半，把材料放入保溫瓶中，並加入熱水。等待至少30分鐘即可享用。

此文由東華醫院中西醫學門診陳嘉冕中醫針灸師提供。

## Healthy Exercise Tips 健康運動小貼士

### Shoulder Stretch

1. Lock fingers together and turn palms out
2. Extend arms in front at shoulder height
3. Hold 10 to 20 seconds
4. Relax and repeat

### 肩部伸展運動

1. 雙手手指併攏，並將手掌向外
2. 向前伸展，至肩膀高
3. 維持姿勢約 10~20 秒鐘
4. 放鬆，再重複如上動作





## Eat Well, Live Well Recipe

### 東華醫院註冊營養師健康美食推介食譜



#### Stuffed Bitter Melon Soup

##### INSTRUCTION (4 Servings)

##### Prepare the Bitter Melon

1. Cut bitter melon into 2" segments. And de-seed bitter melon with a handle of the spoon.
2. Soak bitter melon in acidulated water for at least 15 minutes.

##### Make the Stuffing

1. In a medium-sized mixing bowl, add 2/3 lbs. of lean ground pork.
2. Then add 1/2 cup of rehydrated mung bean noodles, 1/4 cup of rehydrated dried mushrooms, 1/2 cup of small diced onion, 1/2 lbs of minced 16/20 shrimp.
3. 2 each of minced garlic, 1 tsp of minced ginger, 1 tsp of sugar, 1/2 tsp of salt, and 1/8 tsp of black pepper.
4. Mix thoroughly for 5 minutes.

##### Stuff the Bitter Melon

1. With a spoon, take the meat mixture and stuff the bitter melon cavities.

##### Make the Broth

1. In a medium-sized pot, add 5 cups of low sodium chicken stock and 3 cups of water.
2. Then add 10 each of dried shrimp, 1/2 cup of sliced shiitake, and 3-4 thin slices of ginger.
3. Bring the pot to a simmer.
4. Season the pot with 1/2 tbsp of fish sauce and 1/2 tsp of kosher salt.
5. Add the stuffed bitter melon to the pot. Braise for 90 minutes.

Recipe Provided Courtesy of Chef Tu David Phu.  
Follow recipe on YouTube at "Cooking with Chef Tu"

Nutritional Information Provided by Chinese Hospital  
Registered Dietitian.

#### 豬肉釀苦瓜湯

##### 做法 (4人份量) :

##### 準備苦瓜

1. 將苦瓜切成約2寸的小段，去籽。
2. 將苦瓜浸在含酸性的水中至少15分鐘。

##### 做餡料

1. 在一個中等大小的攪拌碗中，加入2/3磅豬肉碎。
2. 加入半杯粉絲、1/4杯已浸軟冬菇、半杯洋蔥粒、半磅蝦蓉。
3. 加入蒜茸2粒、薑茸1茶匙、糖1茶匙、鹽半茶匙、黑胡椒1/8茶匙。
4. 一起攪拌5分鐘或至均勻。

##### 釀苦瓜

1. 用匙羹把餡料填入苦瓜段。

##### 製作湯底

1. 在一個中等大小的鍋中，加入5杯低鹽雞湯和3杯水。
2. 然後加入10隻蝦米，半杯香菇片，3至4片薑片。
3. 再加入半湯匙魚露和半茶匙鹽調味。
4. 將釀好的苦瓜加入鍋中。慢火煲90分鐘。

此食譜由Chef Tu David Phu提供，可到YouTube頻道  
"Cooking with Chef Tu" 查看更多食譜。

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：234 kcal	Potassium 鉀：587 mg
Protein 蛋白質：27 g	Phosphorus 磷：191 mg
Total Fat 脂肪：3 g	Vitamin A (維他命A)：140 iu
Cholesterol 膽固醇：53 mg	Vitamin C (維他命C)：40 iu
Sodium 鈉 (鹽)：513 mg	Calcium 鈣：103 mg
Fiber 纖維：10 g	Magnesium 鎂：32 mg
Carbohydrates 碳水化合物：26 g	

Reference 參考資料：FoodData Central - USDA



### FAQ: COVID-19 Vaccine for Children Ages 5-11

The Pfizer COVID-19 vaccine is currently available for children ages 5-11. As a parent, you probably have some questions about the vaccines and when your child can expect to receive it. Here are some of the most frequently asked questions we have seen.

#### Why should my child get the COVID-19 vaccine?

Getting vaccinated is the best way to protect your child and those around them and to reduce spread of COVID-19 across families, schools, and communities. While COVID-19 has shown to be milder in children than in adults, it can make children very sick, require hospitalization, or in the worst cases, some have died.

#### What COVID-19 vaccine will my child get?

The only vaccine available now for children ages 5-11 is the Pfizer vaccine.

#### Will children need two shots like adults? Will they have common short-term side effects?

Yes, children will receive 2 doses of the vaccine, 3 weeks apart. Just like adults, common side effects can include pain at the injection site, fever and fatigue. Side effects are usually mild and should only last 1-2 days.

#### For kids who are 11, should they wait until they are 12 to get the full vaccine?

In general, we do not recommend waiting for a child to turn 12 in order to get a greater dose. Even though the risk of severe COVID is lower in kids, there is still a risk. The sooner you get fully vaccinated, the sooner you'll be protected.

#### My child just got a different routine vaccination. Can my child still get a COVID-19 vaccine?

Yes. COVID-19 and other vaccines may now be administered without regard to the timing of other vaccines. This includes simultaneous administration of COVID-19 and other vaccines on the same day.

#### Can my child get the vaccine without a parent or guardian present?

No, one parent or guardian must be on-site to consent to their dependent child below the age of 18 getting the vaccine. Telephone or electronic consent is not permitted – the parent or guardian must be present at the vaccine appointment.

Chinese Hospital and Gellert Health Services are offering Pfizer COVID-19 vaccines for children ages 5-11. If you have any specific health concerns, please contact your pediatrician to discuss your options.

### 常見問題：適用於5至11歲兒童的新冠疫苗

現時，5至11歲的兒童可接種輝瑞新冠疫苗。作為父母的您，您可能對疫苗及子女的接種時間存有疑問。以下是一些最常見的問題。

#### 為什麼我的子女應該接種新冠疫苗？

接種疫苗是保護子女及他們周圍的人的最佳方式，也可以減少病毒在家庭、學校及社區傳播。雖然兒童的新冠症狀比成人輕，但仍有可能患上重症、住院，甚至死亡。

#### 我的子女會接種哪一種新冠疫苗？

目前5至11歲兒童接種的疫苗是輝瑞疫苗。

#### 兒童需要接種多少劑新冠疫苗？接種後常見的反應有哪些？

與成年人一樣，兒童將接種兩劑新冠疫苗，相隔3週。常見的反應包括注射部位疼痛、發燒及疲勞。症狀通常很輕微，數天便會消失。

#### 我的子女現時11歲，他們應否等待到12歲去接種完整劑量疫苗？

一般來說，我們不建議兒童等到12歲才接種疫苗。雖然兒童患重症的風險較低，但仍有存在風險。因此，越早接種疫苗，便會越早得到保護。

#### 我的子女剛接種了其他疫苗，他們可以接種新冠疫苗嗎？

可以。新冠疫苗可以與其他疫苗同時接種。

#### 我的子女可以在沒有父母或監護人在場的情況下接種疫苗嗎？

不可以。18歲以下人士如要接種疫苗，必須要有一位家長或監護人在場同意。電話或電子同意是不允許的。

東華醫院及 Gellert 華康醫務中心現提供低劑量疫苗給5至11歲的兒童。如果您對子女的健康或疫苗有任何疑問，請諮詢您的兒科醫生。



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This quarterly newsletter highlights health topics and programs that may be important to you, your family or someone you care about. Please read, enjoy, participate in our programs and pass it along when done. If you would like additional copies or to be removed from our mailings, please call 1-415-834-2118 or email [Info@CCHPHealthPlan.com](mailto:Info@CCHPHealthPlan.com). Electronic copies are available online at:

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

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

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1-415-834-2118，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/cchp-newsletters](http://www.cchrchealth.org/cchp-newsletters)

Please check for updates on classes at  
上網查詢健身課程及健康講座的更新：  
[www.cchphealthplan.com/classes-and-events](http://www.cchphealthplan.com/classes-and-events)

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Chinese Hospital  
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東華醫院醫療體系



CHINESE  
HOSPITAL  
& CLINICS



CCHP  
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Chinese  
Community  
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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  
[www.CCHPHealthPlan.com/memberservices](http://www.CCHPHealthPlan.com/memberservices)

1-415-834-2118

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](http://www.CCHPHealthPlan.com/memberservices)

1-415-834-2118

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Chinese Community Health Resource Center  
華人社區健康資源中心  
818 Jackson St, Unit 301, San Francisco  
[www.cchrchealth.org](http://www.cchrchealth.org)

1-415-677-2473

Chinese Hospital  
東華醫院

Chinese Hospital  
東華醫院  
845 Jackson St, San Francisco  
[www.chinesehospital-sf.org](http://www.chinesehospital-sf.org)

1-415-982-2400

Support Health Services  
東華醫院健康服務中心  
845 Jackson St, Floor B1, San Francisco  
[www.chinesehospital-sf.org](http://www.chinesehospital-sf.org)

1-415-677-2370

Chinese Hospital Outpatient Center  
東華醫院門診中心  
386 Gellert Blvd, Daly City  
[www.chinesehospital-sf.org](http://www.chinesehospital-sf.org)

1-650-761-3500

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](http://www.chinesehospital-sf.org)

1-415-677-2388

Excelsior Health Services  
外米慎區華康醫務中心  
888 Paris St, #202, San Francisco  
[www.chinesehospital-sf.org](http://www.chinesehospital-sf.org)

1-415-677-2488

Gellert Health Services  
Gellert 華康醫務中心  
386 Gellert Blvd, Daly City  
[www.chinesehospital-sf.org](http://www.chinesehospital-sf.org)

1-650-761-3500

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

1-415-795-8100

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中西醫學門診 - 外米慎區  
888 Paris St, Suite 202, San Francisco  
[www.chewhs.org](http://www.chewhs.org)

1-628-228-2280

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