



CARE BY CCHP

社區健康季刊



2022 Q2 | APRIL-JUNE

第二季 | 四月至六月

Message from CCHP 寄語



Spring is a season of new beginnings, opportunities and growth. Let's welcome the new season by building better mental health to enjoy the present moments of life. Start with laughing out loud, dancing around while doing household chores, and expressing your gratitude or love to people in your life. You will be surprised how these simple actions could impact your mental wellbeing.

CCHP cares deeply about you and your family's health, and the wellness of our community. Since January, we have greatly expanded COVID-19 testing access and coverage for our members both onsite and at-home. For COVID-19 updates and testing resources, please visit **cchphealthplan.com/covid-19**.

Speaking of new beginnings, CCHP continues to strive for quality service for our members. We are excited to announce a brand new user-friendly online member portal. Soon, you will have easy access to comprehensive resources and submit online inquiries for your health care and coverage. You can also update your email information to receive firsthand important CCHP messages.

We wish you good health and happiness in the new season!

「一年之計在於春」春天開始回暖，植物開始成長，並帶來了生機。為享受這個美好的春天，您可以先為自己的心理健康做好準備，例如嘗試放聲大笑、在做家務時加入舞步、或向身邊的人表達謝意或愛意。您會發現這些簡單的行動也可以為心理健康帶來正面的影響。

CCHP致力關心您、您的家人及社區的健康。在今年1月，我們便大幅度提高會員有關新冠病毒檢測的保障，包括增加檢測點檢測及居家檢測。有關檢測資訊及更新，請到 **cchphealthplan.com/zh-hant/covid-19**。

此外，CCHP 亦致力為會員提供更佳的服務。我們很高興地宣布，我們將推出一個全新且便捷的會員服務網站。您可以透過此網站，輕鬆地索取有關您的健康保障資訊或遞交服務申請；還可以更新您的電郵地址來接收 CCHP 的最新重要資訊。

祝您身體健康，幸福快樂！



Message for CCHP members in Individual and Family, Covered California and Employer Group Plans

Coverage of Over-the-Counter COVID-19 At-Home Tests

As part of the ongoing efforts to expand American's access to free testing, the Biden-Harris Administration required private health insurance companies to provide access to free COVID-19 at-home tests for Employer Group and Individual and Family Plans under the blue Balance by CCHP brand. Coverage guidance for Medicare members will be released by the government in early Spring so stay tuned.

As of January 15, 2022, CCHP increased member benefits for COVID-19 testing to allow members several options to receive at-home COVID-19 tests at no cost. This will apply when test kits are purchased or obtained through one of the following ways:

- Call **1-628-228-2828** to schedule a pickup at Chinese Hospital, or Chinese Hospital Clinics in Sunset, Excelsior or Daly City.
- Visit **www.covidtests.gov** to order free home test kits from the U.S. Department of Health and Human Services.
- Get reimbursed for up to 8 tests per month, and up to \$12 per test. Instructions and reimbursement form can be found at **cchphealthplan.com/test-kit-reimbursement**.

For additional assistance, please contact CCHP Member Services at 1-888-775-7888 (TTY 1-877-681-8898), 7 days a week from 8AM to 8PM. More updates and information available at **cchphealthplan.com/covid-19**.

CCHP個人及家庭計劃、投保加州計劃及公司及團體計劃的會員保障通知

非處方新冠病毒家用檢測盒之保障

為增加市民獲得免費檢測的機會，政府要求私人健康保險公司為僱主團體、個人及家庭計劃免費提供家用檢測盒。有關聯邦保健會員的保障，政府將於今年初春發布，請耐心等待。

在 2022 年 1 月 15 日，CCHP 增加了會員有關新冠病毒檢測的保障，並提供多種免費獲取家用檢測盒的方式。會員可透過以下方式來訂購或領取免費的家用檢測盒：

- 致電 **1-628-228-2828**，預約到東華醫院、或日落區、外米慎區或帝利市華康醫務中心領取。
- 通過美國衛生與公共服務部的網站 **www.covidtests.gov** 訂購。
- 報銷自費購買的家用檢測盒（每月最多可報銷 8 次檢測，每次最多 \$12）。請到 **cchphealthplan.com/zh-hant/test-kit-reimbursement** 來索取說明及報銷表。

如需協助，請致電 **1-888-775-7888** (聽力殘障人士請電 **1-877-681-8898**) 與 CCHP 會員服務中心聯絡，每週 7 天，上午 8 時至晚上 8 時。有關檢測的最新資訊及詳情，請到 **cchphealthplan.com/zh-hant/covid-19**。

Health Education 健康教育



Mental Health and Technology Use

Besides physical health, mental health is an important part of our overall health. It is important to think about how and when we use technology because it affects our mental health.

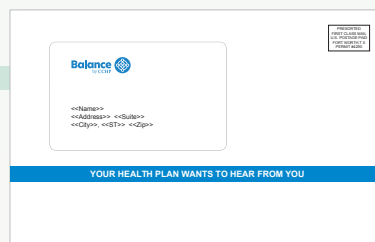
Technology has made life easier by letting us keep in touch with family and friends, entertain ourselves, and see a healthcare provider without leaving home.

Even though there are many benefits, too much can be harmful to our mental (and physical) health, especially with online classes and work-from-home during the pandemic. Here are a few ways to disconnect and take a break:

1. Instead of using your device, try a new hobby, such as baking, gardening, or knitting.
2. Turn off devices one hour before bed.
3. For children six years and younger, limit screen time to one hour on weekdays and 3 hours on weekends.

Please remember that it is okay to ask for help if you need it. For a list of mental health resources, please visit www.cchrhealth.org/mental-health-resources-list.

Information is provided by Chinese Community Health Resource Center.



Your Opinion Matters

From March to July, you may receive the **CAHPS** survey, which is done yearly. Please complete the survey as your feedback will help us improve our services.

The Consumer Assessment of Healthcare Providers and Systems (CAHPS) Survey collects information from your experience and satisfaction with the health care services you received from your health plan and providers in the last 6 months.

The survey will be mailed to you by our vendor SPH in a light blue or white envelope shown on the picture. A return envelope will be provided for you. If the survey is not returned, SPH may contact you by telephone to help complete the survey.

If you have any questions or need help completing the CAHPS survey, please call CCHP Member Services Center at **1-888- 775-7888** (TTY 1-877-681-8898), 7 days a week from 8AM to 8PM. As always, we are here to help. Help us to better serve you!

心理健康及科技的運用

除了身體的健康，心理的健康也是我們整體健康的重要部分。在使用科技的同時，我們也應考慮它可能對心理健康帶來的影響。

科技讓生活變得方便。雖然我們足不出戶，但仍然能夠與家人及朋友保持聯繫、享受娛樂及見醫生。

儘管科技為我們帶來很多好處，但過度使用卻可能對我們的心理（和身體）健康構成傷害，尤其是疫情期間，我們已投放大量時間於網上課程或在家工作。以下是一些幫助您暫停使用科技的建議：

1. 嘗試培養新興趣，例如烘焙、種植花草或編織。
2. 睡前一小時把電子產品關上。
3. 限制6歲以下兒童使用電子產品的時間，如平日 1 小時，週末 3 小時。

如有需要，您可以尋找協助。如需心理健康的資源，請瀏覽：www.cchrhealth.org/mental-health-resources-list。

資料由華人社區健康資源中心提供。

我們重視您的寶貴意見

每年3月至7月期間，您可能會收到**CAHPS** 問卷調查的郵件。我們想懇請您盡快抽空完成。您的寶貴意見將有助提升我們的服務質量。

醫療保健服務提供者與系統的消費者評估調查 (CAHPS) 會收集過去6個月內，有關您對您的醫療保健計劃及醫療提供者的體驗及滿意度之意見。

問卷會放在淺藍色或白色信封內（如上圖所示），並由 **SPH Analytics** 寄出。為方便會員，我們亦會附上回郵信封。如問卷未被填妥及寄回，**SPH Analytics** 可能會致電跟進並提供協助。

如您對問卷有任何問題或需要協助，請聯絡會員服務中心，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。我們樂意為您提供協助。您的意見將幫助我們提供更好的服務！

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



Chinese Herb Highlight: Rose, Beauty for Mental Health

Rose is not just a symbol of love; it is also an herbal supplement used for lifting your mood.

In Traditional Chinese Medicine (TCM), the Liver governs “unclogging and deflation” and affects the flow of Qi and Blood. If Qi is not able to flow freely, one can easily feel irritated, angry, or emotional. We call this Liver-Qi Stagnation. This can happen when someone has demanding jobs, emotional trauma, or stay up late.

Rose is sweet and warm in nature. It helps Qi flow, smooths Liver Qi, and promotes blood circulation. Rose tea is a delicious way to benefit your mental health!

Making Rose Tea:

- Soak 2-5 dried rose buds in a teacup of hot water (140°F) for about 3 minutes.
- To avoid bitterness, avoid soaking for too long or use boiling water.
- Add honey or 1 to 2 jujubes as desired.
- Add a few Hawthorn berries to aid digestion if desired.
- Drink once a day, 3 to 4 times per week, until you feel better.

CAUTION: Since roses strongly affect qi and blood flow, do not drink rose tea on a daily basis or if you're menstruating, pregnant, or having diarrhea. Consult a TCM Practitioner to find a treatment plan tailored to your health.

Article provided by Lykos Yang, L.Ac., Licensed Acupuncturist at Chinese Hospital East West Health Services.

春季養生：玫瑰花茶

玫瑰象徵愛情，而玫瑰花茶更可助你放鬆心情。

在中醫理論，肝主疏泄，意指肝有疏通、調暢全身氣血運行的作用。如氣血運行不暢，人便很感到煩躁、容易生氣及緊張激動；中醫會稱之為「肝氣鬱結」，常發生在工作壓力大、情緒受創或熬夜的人身上。

玫瑰花性質溫和，帶有微甜。玫瑰花茶不但味美，而且有益身心健康；它可以促進肝疏泄功能及血液循環。

玫瑰茶製作方法：

- 將 2 至 5 朵乾玫瑰花蕾放入一杯熱水 (140°F) 中浸泡約 3 分鐘。
- 避免過度浸泡或使用滾水而變得苦澀。
- 可根據喜好來添加蜜糖或 1 到 2 顆紅棗。
- 可選擇添加適量山楂來幫助消化。
- 每天喝 1 次，每週喝 3 到 4 次，直至得到改善。

中醫建議：由於玫瑰花茶會容易影響氣血運行，不宜每天飲用。此外，月經、懷孕或腹瀉期間需要慎用。請諮詢中醫師以找到適合您健康的治療計劃。

資料由東華醫院中西醫學門診 - 楊振緯中醫針灸師提供。

Healthy Exercise Tips 健康運動小貼士

Neck Stretch

1. Gently turn head to the right and hold for 5 seconds, return to center
2. Gently turn head to the left and hold for 5 seconds, return to center
3. Relax and repeat

頸部伸展運動

1. 輕輕將頭部轉向右側，保持 5 秒鐘，轉回到中心
2. 然後再將頭部轉向左側，保持 5 秒鐘，轉回到中心
3. 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 Tofu Lucky Pouch

Ingredients (4 Servings):

300g chicken breast	100g enoki mushroom
4 shrimp	1 tsp goji berry
50g white fungus	8 thin slice fish cake
100g corn kernels	1 strip dried gourd
1 egg	1 1/4 cups water
4 deep-fried bean curd pouch	

Seasoning:

1/4 tsp Salt	1/2 tsp Potato Starch
1/2 tsp Sake	1 bag Bonito Flakes
1/4 tsp White Pepper Powder	

Instructions:

1. Cut dried gourd to 7" each, soaked the dried gourd and goji berry in water until soft, set aside.
2. Devein the shrimp, minced the shrimp, chicken breast and corn kernels. Mix them well and seasoned with salt, white pepper powder, Sake and egg white.
3. Put bean curd pouch in boiling water and cook for 5 mins to remove excess oil, then extract the excess water and cut into half.
4. Stuffed with all mixture and tie up the pouch with the soft gourd.
5. Add bonito flakes into 1 1/4 cups of boiling water and cook for 2 mins in medium heat, strain out the bonito flakes. Then add the pouches to pot and simmer for 10 mins.
6. Cook the beaten egg yolk, Enoki mushroom, white fungus, goji berry and potato starch with broth, then set the egg broth on plate and decorate the pouch with warm fish cake.

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

金銀寶袋

材料: (4人份量)

雞胸肉 300克	雞蛋 1隻
蝦 4隻	金針菇 100克
銀耳 50克	杞子 小許
腐皮袋 4 個	魚片 8片
粟米粒 100克	瓠瓜乾 一條
	清水 1 1/4杯

調味料:

鹽 1/4茶匙
胡椒粉 小許
清酒 小許
生粉 小許
柴魚片一包

做法

1. 瓠瓜乾剪成所需長度(可約7吋), 連用杞子浸水備用。
2. 蝦去腸, 連同雞胸肉、銀耳剁碎後加入粟米粒、鹽、胡椒粉、清酒及蛋白一同攪打。
3. 腐皮袋放入滾水稍燙, 去除油味後取出擠乾水份切成兩半。
4. 將以上的雞蝦肉餡料填入腐皮袋, 用浸軟的瓠瓜乾綁緊。
5. 高湯制作: 柴魚片放入約1 1/4杯滾水, 以中火煮2分鐘後取出柴魚片。將腐皮袋放入高湯一同煮10分鐘。
6. 將煮熟的腐皮袋取出加上魚片擺盤, 將攪散的蛋黃、杞子及金針菇放入高湯中再煮滾, 用生粉芡芡倒入盤中。

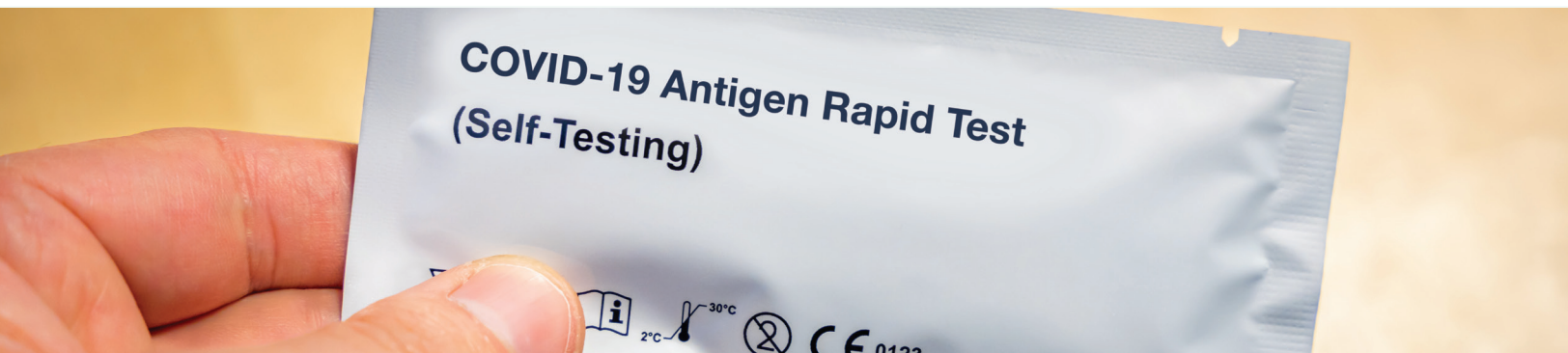
此食譜由世界日報提供, 營養資料由東華醫院註冊營養師提供。

Nutrition information per serving (total: 4 servings)

每份材料含以下營養 (4人份量)

Calories 卡路里 : 328 kcal	Potassium 鉀 : 773 mg
Protein 蛋白質 : 36 g	Phosphorus 磷 : 401 mg
Total Fat 脂肪 : 9 g	Vitamin A (維他命 A) : 130 ug
Cholesterol 膽固醇 : 170 mg	Calcium 鈣 : 441 mg
Sodium 鈉 (鹽) : 660 mg	Magnesium 鎂 : 287 mg
Fiber 纖維 : 3 g	
Carbohydrates 碳水化合物 : 25 g	

Reference 參考資料 : FoodData Central - USDA



What You Should Know about At-Home COVID-19 Test

Testing is one of the things you can do to protect yourself and others, and help reduce the spread of COVID-19. COVID-19 self-tests can be taken at home or anywhere and provide results in less than 15 minutes.

When to Consider Self-Testing

- Have COVID-19 symptoms or have been exposed or potentially exposed to COVID-19
- Before joining large or indoor gatherings, especially with high-risk populations
- Prior to travel

Tips for Self-Testing

- Check the expiration date
- Follow all the instructions
- Read results within the stipulated time
- Use FDA authorized tests

If Your Test Result is Positive

- Stay home and follow the current isolation and quarantine guidelines
- Contact your primary care provider and tell your close contact about your test result
- If you experience severe symptoms, please seek emergency care immediately

If Your Test Result is Negative

- Continue to practice safety precautions

CCHP members may obtain home testing kits for free at Chinese Hospital and its clinics. If you have questions about the test or your results, please talk to your healthcare provider.

Information provided by Chinese Hospital Support Health Services

居家自我檢測注意事項

檢測是其中一項您可採取的措施來保護自己和他人，並且有助減少新冠病毒傳播。自我檢測可在家中或任何地方進行；通常15分鐘內便可得知結果。

何時該進行自我檢測

- 出現新冠症狀；曾經接觸或可能接觸到新冠病毒
- 參加大型或室內聚會前，尤其與高危人群聚會。
- 外遊前

自我檢測提示

- 檢查有效日期
- 遵循說明書上的指示
- 在指定時間內閱讀結果
- 使用 FDA 授權的檢測盒

如果檢測結果呈陽性

- 留在家中，並遵守隔離及檢疫指引
- 聯絡家庭醫生及通知密切接觸者他們可能受感染
- 如病情加重，請立即尋求緊急醫療幫助

如果檢測結果為陰性

- 繼續採取預防措施

CCHP 會員可到東華醫院及華康醫服中心索取免費家用檢測盒。如果您對檢測或結果有疑問，請諮詢您的醫生。

資訊由東華醫院健康服務中心提供



CCHP
Health Plan

445 Grant Avenue, Suite 700
San Francisco, CA 94108

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@CCHPHealthPlan



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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. Electronic copies are available online at:

www.cchphealthplan.com/community-newsletter

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 或上網瀏覽：

www.cchphealthplan.com/community-newsletter

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

CCHP Member Services Center 會員服務中心

CHINATOWN
OFFICE
華埠地址

445 Grant Avenue
San Francisco

三藩市華埠
都板街 445 號



IMPORTANT CONTACTS 重要聯絡資料



Chinese Hospital
Health System
東華醫院醫療體系



CHINESE
HOSPITAL
& CLINICS



CCHP
Health Plan

Balance
by CCHP



Jade HEALTH CARE
MEDICAL GROUP
翡翠東華醫師協會



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

CCHP Member Services Center - Chinatown
CCHP 會員服務中心 - 華埠
445 Grant Ave, San Francisco
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

1-415-834-2118

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

1-415-677-2473

Chinese Hospital
東華醫院
845 Jackson St, San Francisco
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

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

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

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

1-415-677-2488

Gellert Health Services
Gellert 華康醫務中心
386 Gellert Blvd, Daly City
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

1-415-795-8100

East West Health Services
- Excelsior
中西醫學門診 - 外米慎區
888 Paris St, #202, San Francisco
www.chewhs.org

1-628-228-2280

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

CCHP Member Services
CCHP 會員服務

Health Education
健康教育

Chinese Hospital
東華醫院