



CCHP
Health Plan

CARE BY CCHP

社區健康季刊



2022 Q3 | JULY-SEPT

第三季 | 七月至九月

Message from CCHP

寄語



Summer is a season of passion, adventure and fun. While engaging in outdoor activities with your loved ones, don't forget to stay hydrated and protect your skin. Use hats and clothing that cover and broad-spectrum sunscreen with at least SPF 15 for sun protection. Use insect repellent to prevent mosquito bites and ticks when exploring in the wild. Stay hydrated with water instead of sugary drinks to reduce calories and stay fit. You may add slices of fruit to your water for a refreshing delight!

CCHP wants you and your family to be healthy. We have added engaging short exercise videos for everyone in the community to follow and do at your convenience. They are easy and you will feel great! Please visit <http://cchphealthplan.com/wellness> to view our exercises and check out upcoming fitness classes!

Become a CCHP Ambassador! Rooted in our mission and values, CCHP is committed to improving the health & wellbeing of our members and community. We believe that our member voices and participation are crucial in helping us achieve this goal. Help us spread health and wellness by becoming a CCHP Ambassador. See the article on page 2 for how you can join.

夏日充滿激情、冒險及樂趣。與摯親一起進行戶外活動時，切記補充足夠水分並保護皮膚。利用帽子及衣服覆蓋身體，及使用防曬保護力達 **SPF 15** 或以上的防曬霜。在野外探索時，使用驅蟲劑以防止蚊叮蟲咬。與含糖飲品相比，喝水更能補充水分，減少卡路里吸收並保持健康。在水中加入水果片，享受更清爽！

CCHP 希望您及家人有一個健康的身體。我們為社區中的您上載了不同的精簡運動視頻，供您隨時隨地想睇就睇，鍛鍊身心零難度。請瀏覽 <http://cchphealthplan.com/wellness> 查看我們的視頻及即將舉辦的健身課程！

立即成為 **CCHP** 大使！**CCHP** 的使命致力改善會員及社區的健康。我們相信會員的聲音及參與，對幫助我們實現這目標是非常重要的。成為 **CCHP** 大使，與我們攜手傳遞健康保健到社區。有關如何參加 **CCHP** 大使的資訊，請參閱第2頁的文章。

Message to Members 會員重要資訊



Make a Difference in Your Community. Become a CCHP Ambassador

We would like to cordially invite you to become a CCHP Ambassador to share your voice, help out at events and celebrate successes with us. Join other like-minded members and help us spread health and wellness in the community!

What you will do as a CCHP Ambassador

- Represent CCHP in the community and at CCHP sponsored events
- Tell family, friends and neighbors about CCHP
- Share your perspective with CCHP and your providers

Our appreciation to Ambassadors

By becoming a CCHP Ambassador, you will also join a community of other members who are committed to making a difference like you. You will enjoy:

- Quarterly Ambassador Appreciation Events
- Exclusive CCHP Ambassador Gear
- Satisfaction of helping your community stay healthy and well

How to join

Please send an email indicating “**Ambassador Program**” with your full name, member ID number, and contact phone number to **MemberServices@CCHPHealthPlan.com**. We will be in contact with you. Do you know Dora? You can also contact Dora Ho directly at **1-415-203-4210** to learn more.

成為 CCHP 大使，幫助改善我們的社區

我們誠意邀請您成為 CCHP 大使，與我們一起舉辦活動、分享意見及共享成果。我們相信您的參與，能助我們加快達成傳遞健康保健到成區的目標！

您作為 CCHP 大使將如何作出貢獻

- 代表 CCHP 參加社區及贊助活動
- 介紹 CCHP 給家人、朋友及鄰居
- 與 CCHP 及醫生分享您作為會員的感受和見解

我們對大使的感謝

成為 CCHP 大使，您將加入一個與其他成員同樣致力求變的大家庭。你將享有：

- 季度大使致謝活動
- 獨家 CCHP 大使裝備
- 幫助您的社區邁向健康之路亦為自己帶來滿足及成就感

如何參加

請發送一封註明 “**Ambassador Program**”，並包括您的姓名、會員號碼及聯絡電話的電郵致 **MemberServices@CCHPHealthPlan.com**，我們將稍後與您聯絡。您亦可以致電 **1-415-203-4210** 聯絡 Dora Ho 何姑娘瞭解詳情。

Health Education 健康教育



Safety Tips Under the Sun

Summer is coming! It is important that we protect our body from overheat and sunburn while engaging in outdoor fun. Overexposure to the sun can cause problems such as eye damage, sunburn, premature aging of the skin, skin cancer, and heatstroke. Here are some tips on how to protect yourself from the damaging effects of the sun:

1. Minimize outdoor activities between 11 a.m. to 2 p.m. when ultra-violet (UV) rays are most intense.
2. Apply sunscreen at least 30 minutes before exposure to the sun with a Sun Protection Factor (SPF) of at least 15. Remember to apply on the back of the neck, arms, legs and behind the knees.
3. Wear sunglasses with UV absorption of at least 90 percent.
4. Drink water frequently to keep your body from overheating.
5. Wear a hat, lightweight and light colored clothing.

烈日防曬竅門

炎夏即將來臨，又是享受戶外陽光的好季節。但請注意，切莫過度受熱及灼傷皮膚。過度曝曬陽光會傷害身體，例如對眼睛的傷害，引致皮膚過早老化，皮膚癌及中暑等。以下是炎夏保護皮膚的幾點建議。

1. 上午 11 時至下午 2 時是紫外線特別強烈的時間，應盡量避免在此段時間內進行戶外活動。
2. 在外出前 30 分鐘塗抹防曬指數 (SPF) 至少 15 的太陽油。不要忘記在頸背、手臂、腿及膝背塗擦太陽油。
3. 選戴註明可濾除陽光中 90% 以上的紫外線的太陽鏡。
4. 多喝水以保持體內水份充足，勿等到口渴時才喝水。
5. 穿著淺色，輕便的棉質衣服。戴帽以保護頭部及眼睛。

Article Provided by CCHRC

資料由華人社區健康資源中心提供



1-415-677-2473

www.cchrchealth.org

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

Watermelon Sago: A Refreshing Spin on a Common Summer Fruit

In Chinese medicine, we pay special attention to the affects the seasons have on the body. Watermelon is a seasonal fruit that is sweet and cold in nature. It relieves summer heat, quenches thirst, and is a great food for combating those sweltering sunny days.

Easy summer dessert recipe:

Ingredients:

- 1 package sago pearls
- 2 cans coconut milk (sweetened/unsweetened)
- Sugar (optional)
- Watermelon diced into small cubes

Boil a large pot of water. Add sago and cook on medium high heat for about 15 minutes or until the pearls are translucent. Pour the sago into a colander and rinse under cold water until the water is clear. Set the sago aside in a water bath.

Pour coconut milk into a small saucepan and add additional sugar if desired. Add the sago pearls back and turn off the heat. Top with watermelon cubes and enjoy! This dessert can be served warm or chilled.

CAUTION: Watermelon may be too cooling for those with weak constitutions. Try substituting with mango, melons or taro.

Article provided by Amy Jiang, Lac., Licensed Acupuncturist at Chinese Hospital East West Health Services.



西瓜西米露：一種常見的 夏季水果令人耳目一新

在中醫的理論中，我們特別注意季節對身體的影響。西瓜是一種性味甘寒的時令水果。它消暑解渴，是對抗那些酷熱的天氣的佳品。

簡單的夏季糖水食譜：

材料

西米 1 包 糖（非必須）
椰漿 2 罐（含糖/不含糖） 西瓜切成小方塊

煮沸一鍋水。倒入西米，用中火煮約 15 分鐘或直至呈半透明狀。將西米倒入笊箕，再用凍水沖洗直至水變清澈，然後繼續把西米留在凍水浸泡。

將椰漿倒入一個小平底鍋中，如有需要可以添加適量糖。加入西米後可關火，在上面放上西瓜後即可享用！這糖水在溫熱下或凍食均可。

注意：西瓜對於體質較弱的人可能太涼。可嘗試用芒果、蜜瓜或芋頭代替。

資料由東華醫院中西醫學門診 - 江嘉美中醫針灸師提供。

Healthy Exercise Tips 健康運動小貼士

Clam Shell Exercise

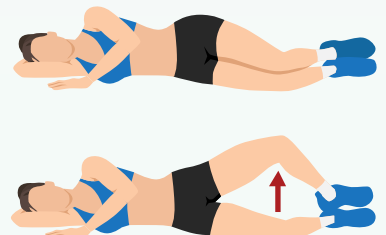
Clam Shell Exercise helps with back pain. It helps to reduce pain by strengthening the core and lower back muscles.

1. Lie on your side with your knees slightly bent and with one leg on top of the other.
2. Rest your head on your arm.
3. Raise your top knee and hold while keeping your feet together.
4. Lower your knee back to the original position.
5. Repeat 10-15 times and then switch sides.

貝殼運動

這運動有助於背痛。通過加強核心和下背部肌肉來幫助減輕疼痛。

1. 首先側臥，雙膝重疊及稍微彎曲。
2. 用手支撐您的頭部。
3. 提起你的膝蓋，腳部保持在一起。
4. 將提起的膝蓋下放回原位。
5. 重複10至15次，然後左右兩側互換。



Eat Well, Live Well Recipe

東華醫院註冊營養師健康美食推介食譜



Shrimp Summer Rolls

Ingredients (4 servings, 3 rolls per serving): Summer Roll

1 pack, Rice Paper	2 cups, Cilantro
4 oz., Cooked Vermicelli Noodles	2 lbs., Poached Shrimp
2 heads, Green Leaf Lettuce	Vietnamese pickles (optional)
2 cups, Mint Leaves	

Peanut Sauce

2 tbsp, Chunky Peanut Butter, unsweetened	1 tbsp, Sriracha
½ cup, Hoisin Sauce	2 tbsp, Rice Vinegar
½ cup, Coconut Milk	1 tbsp, Toasted Peanuts

Instructions:

Peanut Sauce

1. Whisk together Hoisin Sauce, Sriracha, Rice Vinegar, and Coconut Milk.
2. Gradually whisk in the chunky peanut butter. Garnish with Toasted Peanuts and Sriracha.

Summer Roll

1. Submerge rice paper into cold water for half a second; rice paper is still firm, and not too soft.
2. Add the noodles 1.5" from the bottom of moistened rice paper.
3. Add 2 pieces of shrimp on top of the noodles.
4. Fold 1" of the (left and right) sides of rice paper inward, do a quarter roll, surrounding ingredients with rice paper.
5. In the remaining 2-3" of rice paper, add 1-2 leaf of lettuce, 1 sprig of Cilantro and Mint, Vietnamese Pickles (optional). Roll the rest of the roll. Press down firmly to seal.

Recipe courtesy of Chef Tu David Phu
Find more about this recipe on our Facebook page
@CCHPHHealthPlan (available from July 1)

Nutritional Information Provided by Chinese Hospital
Registered Dietitian.

越式夏日蝦卷

材料：(4人份量, 每份量3條)

夏日蝦卷

米紙1包	芫荽2杯
熟米粉4盎司	水煮蝦2磅
綠葉生菜2個	
薄荷葉2杯	
越南泡菜(非必須)	

花生醬

無糖粗粒花生醬2茶匙
海鮮醬半杯
椰漿半杯
是拉差辣椒醬1茶匙
米醋2茶匙
烤花生1茶匙

做法：

花生醬

1. 將海鮮醬、是拉差辣椒醬、米醋及椰漿混入再攪拌。
2. 逐漸加入粗粒花生醬，再用烤花生及是拉差辣椒醬作裝飾。

夏日蝦卷

1. 將米紙浸入冷水中半秒；米紙仍是挺身及不能太軟。
2. 距離濕米紙底部 1.5 寸加入米粉。
3. 在米粉上放上 2 隻蝦。
4. 將米紙(左右)兩邊的 1 英寸向內對摺，再從下方向上摺四分之一將食材包起來。
5. 在米紙剩餘的 2-3 寸中，加入 1-2 片生菜葉、1 塊芫荽及薄荷葉、及越南泡菜(非必須)。把剩下的捲起來，再用力向下壓以固定食材。

食譜由 Chef Tu David Phu 提供，可在7月1日後到 CCHP 的 Facebook @CCHPHHealthPlan 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 (3 rolls)

每份量(3條)含以下營養

Calories 卡路里：659 kcal	Potassium 鉀：2147 mg
Protein 蛋白質：46 g	Phosphorus 磷：1070 mg
Total Fat 脂肪：9 g	Vitamin A (維他命A)：4900 IU
Cholesterol 膽固醇：170 mg	Vitamin C (維他命C)：93 mg
Sodium 鈉(鹽)：861 mg	Magnesium 鎂：200 mg
Fiber 纖維：15 g	Folate 葉酸：404 mcg
Carbohydrates 碳水化合物：101 g	

Software 分析軟件：Nutritionist Pro

Community News 社區消息



What to Know about Second COVID-19 Booster

Testing is one of the things you can do to protect yourself. In March of this year, the Food and Drug Administration (FDA) authorized a second booster dose of Pfizer and Moderna vaccines for adults 50 and older and those 12 and older who are immunocompromised. A fourth shot is recommended for these groups because they are more likely to suffer severe outcomes and be hospitalized if they are infected with COVID-19, and a second booster shot can help strengthen protection against new variants. In addition to these groups, individuals who received two doses of Johnson & Johnson vaccine are also eligible for a second booster.

For CCHP members and others, Chinese Hospital offers COVID-19 boosters at various clinic locations. Walk-ins are welcome at our Chinatown location, and appointments are recommended for other clinics. To request an appointment, please call 1-628-228-2828. Please bring your insurance card with you at the time of your visit.

For more information, please visit www.chinesehospital-sf.org/covid-19-vaccine

Information provided by Chinese Hospital and Clinics.

關於第二劑新冠加強針

於 3 月份，美國食品及藥物管理局批准年滿 50 歲人士，以及年滿 12 歲免疫系統較弱人士接種第二劑輝瑞或莫德納加強針。有關當局建議他們接種第四針是因為他們受感染後患重病及住院的風險較高，屬於高風險人群，及第二劑加強針能夠提高對變種病毒的保護。此外，曾接種兩劑強生疫苗人士也合資格獲得第二劑加強針。

東華醫院各社區診所現為 CCHP 會員及民眾提供新冠加強針。位於華埠的診所可提供免預約服務；其他診所，請致電 1-628-228-2828 預約。到訪時請攜帶您的保險卡。

查詢詳情，請到 www.chinesehospital-sf.org/covid-19-vaccine

資料由東華醫院及診所提供

OUR NEW WEBSITES HAVE LAUNCHED
我們的新網站已正式啟用

Chinese Hospital 東華醫院：
www.chinesehospital-sf.org

East West Health Services 東西醫學門診：
www.chewhs.org



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San Francisco, CA 94108

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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

NEW Exercise Videos for Everyone!

推出一系列全新健體
運動視頻，您我都適合！

MAKE A DIFFERENCE IN YOUR COMMUNITY.

Become a CCHP Ambassador!

成為CCHP大使，幫助改善我們的社區

Please visit 上網查看，請到：
cchphealthplan.com/wellness

Learn more about this program on Page 2.
請參閱第 2 頁文章，查看有關 CCHP 大使的資訊



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
CCHP 會員服務

CCHP Member Services Center - Chinatown **1-415-834-2118**
CCHP 會員服務中心 - 華埠
445 Grant Ave, San Francisco
www.CCHPHealthPlan.com/memberservices

CCHP Member Services Center - Daly City **1-415-834-2118**
CCHP 會員服務中心 - 帝利市
386 Gellert Blvd, Daly City
www.CCHPHealthPlan.com/memberservices

Health
Education
健康教育

Chinese Community Health Resource Center **1-415-677-2473**
華人社區健康資源中心
818 Jackson St, Unit 301, San Francisco
www.cchrchealth.org

Chinese Hospital
東華醫院

Chinese Hospital **1-415-982-2400**
東華醫院
845 Jackson St, San Francisco
www.chinesehospital-sf.org

Support Health Services **1-415-677-2370**
東華醫院健康服務中心
845 Jackson St, Floor B1, San Francisco
www.chinesehospital-sf.org

Chinese Hospital Outpatient Center **1-650-761-3500**
東華醫院門診中心
386 Gellert Blvd, Daly City
www.chinesehospital-sf.org

Chinese Hospital Clinics
東華醫院門診中心

Sunset Health Services **1-415-677-2388**
日落區華康醫務中心
1800 31st Ave, San Francisco
www.chinesehospital-sf.org

Excelsior Health Services **1-415-677-2488**
外米慎區華康醫務中心
888 Paris St, #202, San Francisco
www.chinesehospital-sf.org

Gellert Health Services **1-650-761-3500**
Gellert 華康醫務中心
386 Gellert Blvd, Daly City
www.chinesehospital-sf.org

East West Health Services **1-415-795-8100**
- Chinatown/Financial District
中西醫學門診 - 華埠/金融區
445 Grant Ave, Ground Floor, San Francisco
www.chewhs.org

East West Health Services **1-628-228-2280**
- Excelsior
中西醫學門診 - 外米慎區
888 Paris St, #202, San Francisco
www.chewhs.org

East West Health Services **1-650-761-3542**
- Daly City
中西醫學門診 - 帝利市
386 Gellert Blvd, Daly City
www.chewhs.org