

Community Health News 社區健康資訊

Care, in your community | 時刻護您社區

2023 Q2
APRIL - JUNE

2023年 第二季
四月至六月



Season's Message 本季資訊



CCHP hopes you feel energized and refreshed during the spring season as temperatures warm up and the days get lighter and longer. As we observe the Stress Awareness Month in April and Mental Health Month in May, it is time to remind yourself to focus your energy on preventing stress and managing your mental wellbeing.

Start with cooking delicious meals with bright and flavorful spring ingredients! A healthy and well-balanced diet can help you think clearly and improve your concentration. To boost your mental health, focus on eating foods rich in omega-3, such as salmon. Dark leafy green vegetables, nuts and legumes are all excellent brain food.

Aim for 30 minutes of moderate physical activity five days a week. Not only is exercising vital for your physical health, it is a natural stress reliever and energy booster! We invite you to spend as few as 15 minutes to visit CCHP's Health & Wellness page to engage in a variety of easy and hearty exercises to refresh your moods daily! <https://cchphealthplan.com/wellness/>

氣溫在春季續漸上升及日晝變得更長時，CCHP 希望您開始感受到精力充沛從而容光煥發。在我們注意四月的壓力關注月及五月的心理健康月時，也是時候提醒自己將精力集中於預防壓力及管理心理健康上。

開始採用鮮艷可口的春季食材來烹調美味佳餚!均衡的健康飲食，可以助您清晰地思考並提高注意力。為促進您的心理健康，請多進食含 **omega-3** 的食物如三文魚。深色的綠葉蔬菜、堅果及豆類均對大腦有益之食物。

定立目標在每週其中的5天，進行 30 分鐘的中度運動，運動不單止有助您的身體健康，它還是一種天然的減壓劑及能量助推器！我們誠邀您僅花短短的 15 分鐘瀏覽 CCHP 的健康與保健頁面，進行各種簡單而有益的運動，每日助您好心情！<https://cchphealthplan.com/zh-hant/wellness/>

CCHP Message to Members

會員重要資訊



Prioritizing Your Mental Health

In light of the recent rise in Asian hate crimes and shootings, it is important to address the impact that these events can have on our mental health and well-being. The fear, sadness, anger, and anxiety that many of us are feeling can be overwhelming, but there are coping strategies and resources that can help us manage and maintain our mental health. It is important to acknowledge and validate our emotions and process them in healthy ways, such as seeking support from loved ones or professionals.

Prioritizing physical and emotional self-care, like engaging in relaxing activities and healthy habits, is also important. You can always call or text **9-8-8** to talk to a trained counselor when you need emotional support or experience mental crisis.

It is also necessary to recognize and challenge systemic issues and support anti-racism efforts. By acknowledging our emotions, prioritizing self-care, seeking support, and advocating for change, we can work towards healing and maintaining our mental health during these challenging times.

CCHP recognizes this and want to make sure that our members can feel safe in the community and their feelings or concerns be acknowledged and addressed. If you feel the need to talk, you can call our 24/7 toll-free **Nurse Advice Line** at **1-888-243-8310**. If you need help accessing care or finding available resources, you are encourage to contact our CCHP Member Services at **1-415-834-2118** and ask to be connected to our care manager.

優先考慮您的心理健康

鑑於最近對亞裔仇恨犯罪及槍擊事件的增加，我們應正視這些事件對我們的心理健康可能產生的影響。我們很多人無可避免地感受到恐懼、悲傷、憤怒及焦慮，但有一些方法及資源有助我們管理及保持心理健康。認清及了解自己的情緒並以健康的方式處理十分重要，例如尋求摯親或專業人士的協助。

優先考慮身理及心理的自我調劑方式，進行放鬆活動及養成良好的健康習慣也很重要。當您需要心理支持或經歷精神創傷時，您可以隨時致電或發短訊至**9-8-8**與經訓練的輔導員交談。

我們還需承認及挑戰系統性問題，並為支持反種族主義作出努力。我們透過認清自身的情緒、考慮自我防護、尋求外界支持及倡導改革，從而可以在這個充滿挑戰的時期，努力治療及保持我們的心理健康。

CCHP認識到這一點並希望確保我們的會員能夠在社區中感到安全，並且為他們分擔感受及問題得到解決。如果您覺得需要傾訴，可以隨時致電我們的24小時**免費護士諮詢熱線1-888-243-8310**。如果您想獲得護理或尋找有用資源，我們鼓勵您致電CCHP會員服務中心**1-415-834-2118**，並要求與我們的護理經理聯絡。

The Chinese Community Health Resource Center provides the following resources on mental health:

華人社區健康資源中心提供以下心理健康資源：

Online Bilingual Articles 網上雙語文章：

Anxiety disorder, Depression, Stress
焦慮症、抑鬱症及壓力

<https://www.cchrchealth.org/mental-health/>

Mental Health Resource list

心理健康資源

<https://www.cchrchealth.org/mental-health-resources-list/>

For Teens 青少年健康

<http://www.teensincharge.org/topics/emotional-health/>

Online Videos 網上視頻：

Stress Management (For adults - Chinese)

如何處理壓力 (成年人-國語)

<https://www.cchrchealth.org/ktsf-great-family/>

Depression/Bullying/Stress Management (For teens - English)

壓力管理/欺凌和抑鬱症 (青少年-英語)

<https://www.cchrchealth.org/teens-health/>

Health Education 健康教育



Who Should Be Screened for Lung Cancer?

Lung cancer is the second most common type of cancer among Asians. However, you can take steps to protect yourself and improve your lung health.

Some risk factors include smoking, exposure to secondhand smoke, exposure to harmful chemicals such as asbestos and radon, a family history of lung cancer, and certain genetic mutations. Some warning signs of lung cancer include a chronic cough, coughing blood, shortness of breath, unexplained weight loss, and chest pain. If you experience any of these symptoms, talk to your healthcare provider right away.

But even if you don't have any symptoms, it's still a good idea to get screened for lung cancer. Low-dose CT is recommended for people who are 50 to 80 years old and have a history of smoking or other risk factors. If you're an Asian female, have a family history of lung cancer, or have smoked within the past 15 years, it's especially important to talk to your healthcare provider about getting screened.

If you have questions or concerns, talk to your healthcare provider. And remember, early detection and prevention are key to protecting your lung health and overall well-being.

Chinese Community Health Resource Center, in collaboration with Chinese Hospital Clinics, is developing a lung cancer prevention program. For more details, please call **1-415-677-2370**.

Help to Build a Community Free of Lung Disease

Support “**Chinese Hospital/Jack Lee Fong Family Lung Health Initiative Matching Challenge**” and make a donation that will save lives! Your donation funds lung disease and lung cancer treatments, CT screenings, lung health education, and more. Your contribution is vital to help end lung disease. Make a donation today. For more information, please visit <https://chinesehospital-sf.org/lunghealthinitiative/>

誰應該接受肺癌檢查？

肺癌是亞洲人第二常見的癌症類型。然而，您可以採取措施保護自己及改善肺部健康。某些風險因素包括吸煙、接觸二手煙、接觸有害化學物質如石棉及氡、肺癌家族史及某些基因突變。肺癌的一些警告訊號包括慢性咳嗽、咳血、呼吸急促、未知原因的體重減輕及胸痛。如果您遇到這些症狀，請立即與您的醫生聯絡。

即使您沒有任何症狀，我們仍建議進行肺癌檢查。**50至80歲**且有吸煙史或其它危險因素之人士接受低劑量胸腔電腦掃描。如果您是亞裔女性，有肺癌家族史，或於過去**15年內**曾吸煙，您的醫生相討是否應接受檢查尤其重要。如果您有任何問題或疑慮，請向您的醫生諮詢。請謹記及早發現及預防是保護肺部及個人健康之關鍵。

華人社區健康資源中心與東華醫院社區診所合作，正製定一項肺癌預防計劃。欲了解更多詳情，請致電 **1-415-677-2370**。

幫助建立一個沒有肺部疾病的社區

支持及捐款至「東華醫院/方創傑家族提升肺部健康籌款挑戰賽」拯救生命！您的捐款將資助肺部疾病及肺癌治療、電腦斷層掃描、肺部健康教育等。您的捐獻對幫助消除肺部疾病十分重要，請即捐款。欲了解更多資訊，請瀏覽 <https://chinesehospital-sf.org/zh-hant/lunghealthinitiative/>

Disclaimer: This article is for informational purposes only and is not intended to substitute professional medical advice, diagnoses, or treatment. Always seek advice from your physicians or other qualified health s provider.

免責聲明：本文只供參考，它不能替代專業的醫療建議、診斷或治療。永遠向您的醫生或其他合格的健康提供者尋求建議。

HEALTH EDUCATION CLASSES SPONSORED BY CCHRC

Registration: 1-415-677-2473



CLASSES PROVIDED BY CHINESE HOSPITAL

Registration: 1-415-677-2458



LOCATION	DATE	DAY	TIME		LANGUAGE			CLASS	LEARNING OBJECTIVES
			START	END	E	C	M		
ONLINE VIDEO VISIT 1-415-677-2473	4/13/2023	Thur	1:00pm	2:30pm	•			Diabetes Prevention	<ul style="list-style-type: none"> What is diabetes Prevention of diabetes
	4/25/2023	Tue	1:00pm	2:30pm	•			Cancer Awareness	<ul style="list-style-type: none"> What is cancer Medications, dietary recommendations, and self-care
	5/11/2023	Thur	1:00pm	2:30pm	•			Blood Pressure	<ul style="list-style-type: none"> Risk factors for high blood pressure Ways to control high blood pressure
	5/23/2023	Tue	1:00pm	2:30pm	•			Stress Management	<ul style="list-style-type: none"> What is stress? Common causes of stress How to prevent and manage stress
	6/8/2023	Thur	1:00pm	2:30pm	•			Osteoporosis	<ul style="list-style-type: none"> What is osteoporosis How to prevent and treat osteoporosis
	6/20/2023	Tue	1:00pm	2:30pm	•			Arthritis/Pain Management	<ul style="list-style-type: none"> What is arthritis Management of arthritis Common causes of pain How to prevent and manage pain Medications and self-care

PERINATAL CLASSES CLASSES PROVIDED BY CHINESE HOSPITAL | Registration: 1-415-677-2458



ONLINE VIDEO VISIT 1-415-677-2458	CALL FOR APPOINTMENTS	Mon Thur	1:30pm	2:30pm	•	•		Preparing for Babies	<ul style="list-style-type: none"> How to prepare a pediatric medical home for the baby What to expect at the hospital after the baby is born How to care for the baby when they go home Oral care and breastfeeding
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Health Education Class:
Fee: FREE

Perinatal Class:
Fee: FREE for members

NOTE: If fewer than 5 students register, the class will be cancelled.

National Diabetes Prevention Program

In-Person Fitness Class: Chinatown YMCA
855 Sacramento Street, San Francisco, CA 94108

NOTE: Classes are FREE for CCHP members only. Pre-registration is required. If fewer than 5 students register, the class will be cancelled. Dates and times are subject to change. In order to allow fair access, CCHP members may register for up to four classes each quarter. Beyond four classes, members can enter their name on a waiting list. If there are still spaces available, members will be contacted and added to the additional classes. Proof of vaccination and masking are required.

Check for updates on classes at www.cchphealthplan.com/classes-and-events

FITNESS CLASSES

FREE TO CCHP MEMBERS

Registration: 1-415-677-2458 | wellness@chasf.org



CHINESE
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LOCATION	DATE	DAY	TIME		LANGUAGE			CLASS	LEARNING OBJECTIVES
			START	END	E	C	M		
ONLINE VIDEO VISIT 1-415-677-2458	4/3, 4/10, 4/17, 4/24, 5/1, 5/8, 5/15, 5/22, 6/5, 6/12, 6/26	Mon	11:00am	12:00pm	.			Tai Chi (All Level)	Build a healthy body and peaceful mind while learning a sequence of graceful steps from this centuries old martial art.
IN-PERSON CLASS CHINATOWN YMCA 1-415-677-2458 (Proof of vaccination and masking are Required)	4/7, 4/14, 4/21, 4/28 5/5, 5/12, 5/19, 5/26 6/2, 6/9, 6/16, 6/23	Fri	11:00am	12:00pm				Yoga (All Level)	Develop strength, flexibility, breathing, alignment, and relaxation. Mixed level class. No previous experience is required. Bring a yoga mat or towel.

健康講座及健身課程時間表

2023年 第二季
四月至六月

健康講座時間表

課程是由華人社區健康資源中心提供
報名：1-415-677-2473



課程是由東華醫院提供
報名：1-415-677-2458



地 點	日 期	星 期	時 間		語 言			講 座	課 程 須 知
			開始	結束	英	粵	國		
網上視像 課程 1-415-677-2473	4/13/2023	星期四	10:00am	11:30am		•		預防 糖尿病	<ul style="list-style-type: none"> 甚麼是糖尿病 如何預防糖尿病
	4/25/2023	星期二	10:00am	11:30am		•		癌症的 認識	<ul style="list-style-type: none"> 甚麼是癌症 藥物治療，飲食建議，自我護理方法
	5/11/2023	星期四	10:00am	11:30am		•		血壓教育	<ul style="list-style-type: none"> 引起血壓高的因素 怎樣預防血壓高或保持正常的血壓
	5/23/2023	星期二	10:00am	11:30am		•		處理壓力	<ul style="list-style-type: none"> 甚麼是壓力？ 壓力的常見原因 如何預防和管理壓力
	6/8/2023	星期四	10:00am	11:30am		•		骨質疏 鬆症	<ul style="list-style-type: none"> 甚麼是骨質疏鬆症 如何預防和治療骨質疏鬆症
	6/20/2023	星期二	10:00am	11:30am		•		關節炎 教育/處理 疼痛	<ul style="list-style-type: none"> 甚麼是關節炎 怎樣料理關節炎 疼痛的常見原因 如何預防和管理疼痛 藥物治療和自我護理方法
網上視像 課程 1-415-677-2458	請來電預約	星期三 星期四	2:00pm	3:00pm		•	•	國家糖尿 病預防 項目	<p>通過學習減輕體重、增加鍛煉、和管理壓力的各種技能，預防和延緩II型糖尿病的發病</p> <p>(該課程對華人保健會員和華康醫務中心病人免費開放，其他公眾收費 \$220 整套課程) 備註：日期及時間可能有更改</p>

婦產及嬰兒講座時間表

課程是由東華醫院提供 | 報名：1-415-677-2458



網上視像 課程 1-415-677-2458	請來電預約	星期一 星期四	1:30pm	2:30pm	•	•		為寶寶的到 來做好準備	<ul style="list-style-type: none"> 新生父母指南 新生兒須知 如何護理新生兒 口腔護理和母乳喂養
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■ 健康講座：
費用：免費

■ 婦產及嬰兒講座：
費用：會員免費

備註：如果報名人數少於5人，該課程可能會被取消。

■ 國家糖尿病預防項目 親身授課健身班：華埠青年會

855 Sacramento Street, San Francisco, CA 94108

備註：課程為華人保健計劃會員提供。健身課程需要事先報名。如果報名人數少於5人，該課程會被取消。日期及時間可能有更改。為使每位會員都有機會參加健身課程，會員每季度只允許註冊4節課程。對其它有興趣的課程，會員需在等候名單上登記等候通知。親身授課需要提供完全接種疫苗證明和配戴口罩。

可上網查看健身班及健康講座的更新：www.cchphealthplan.com/zh-hant/classes-and-events

健身班時間表

健身課程為華人保健計劃會員免費提供

報名：1-415-677-2458 | wellness@chasf.org



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CHINATOWN YMCA

地 點	日 期	星 期	時 間		語 言			講 座	課 程 須 知
			開始	結束	英	粵	國		
網上視像課程 1-415-677-2458	4/3, 4/10, 4/17, 4/24, 5/1, 5/8, 5/15, 5/22, 6/5, 6/12, 6/26	星期一	11:00am	12:00pm	•	•	•	太極 (各級)	學習這門有百年曆史的古老武術，練習一系列優雅的招式步法，可以使您強健身心。
親身授課 華埠青年會 1-415-677-2458 需要提供 完全接種 疫苗證明和 配戴口罩	4/7, 4/14, 4/21, 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9, 6/16, 6/23	星期五	11:00am	12:00pm	•	•		瑜珈 (各級)	學習瑜珈能增強體力、促進身體柔軟度及平衡感、調息呼吸、並能讓身心放鬆。歡迎從未學過瑜珈人士報名，祇需攜帶瑜珈墊或毛巾。

Balancing Western Medicine with Eastern Remedies

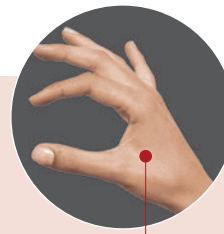
東方中醫療法與西藥的平衡



ST 36



SP 6



LI 4



LV 3

Stroke Care at Chinese Hospitals and Clinics

Preventing stroke is crucial to avoid serious disability or even death. The leading causes of stroke are heart problems, high blood pressure, high cholesterol, and uncontrolled diabetes. Adopting a healthy lifestyle, such as not smoking, limiting alcohol intake, exercising regularly, eating a balanced and nutritious diet, and taking medications as prescribed, can significantly reduce the risk of stroke. It is also important to manage stress levels and engage in at least 30 minutes of physical activity every day.

In addition to these measures, Traditional Chinese Medicine (TCM) can be a helpful tool in reducing the risk of stroke. Acupuncture is a specific aspect of TCM that can improve overall well-being and blood circulation. Daily massage of specific acupuncture points, such as **ST 36 (Zu San Li)**, **LI 4 (He Gu)**, **SP 6 (San Yin Jiao)**, and **LV 3 (Tai Chong)**, can help prevent stroke. Acupuncture is also beneficial in stroke recovery, with acupuncturists using scalp points to address lingering symptoms. To learn more about acupuncture services at Chinese Hospital, please visit www.chewhs.org.

If someone experiences symptoms of a stroke, it is crucial to seek immediate medical attention. Chinese Hospital is certified as Primary Stroke Centers by The Joint Commission, meaning it has met rigorous standards of care and have the resources to diagnose and treat stroke patients quickly. Our teams of highly trained physicians, nurses, and other medical professionals are dedicated to providing the best possible care for stroke patients. Additionally, we partner with UCSF Neurology to provide 24/7 teleneurology services and stroke care to our patients. To learn more about Chinese Hospitals' Primary Stroke Centers, please visit www.chinesehospital-sf.org/stroke-care.

Article provided by Vickie Ho Washington, L.Ac., Licensed Acupuncturist at Chinese Hospital East West Health Services and Chinese Hospital Primary Stroke Center.

東華醫院及社區診所的中風護理

預防中風對於避免嚴重癱瘓甚至死亡十分重要。中風的主要原因是心臟病、高血壓、高膽固醇及不受控制的糖尿病。健康的生活方式包括戒煙、飲酒節制、運動、健康飲食及以藥物控制，可以顯著降低中風的風險。我們還建議控制壓力及每天進行 30 分鐘的運動。

除了這些措施外，中醫 (TCM) 也是一種可以降低中風風險的有效方法。針灸是中醫治療裡面的一個獨特項目，可以改善整體健康及促進血液循環。每天按摩特定穴位有助於預防中風，如 **ST 36 (足三里)**、**LI 4 (合谷)**、**SP 6 (三陰交)** 及 **LV 3 (太衝)**。針灸對中風後康復也很有幫助。針灸師將使用頭針療法來治療持續的中風症狀。如需了解更多有關東華醫院針灸服務的資訊，請瀏覽 www.chewhs.org/zh-hant/。

如果有任何人出現中風症狀，立即就醫十分重要。東華醫院被美國醫療機構評鑑聯合會認證為初級中風治療中心，即表示東華醫院符合嚴格的護理標準，並擁有快速診斷及治療中風患者的資源。我們由一班訓練有素的醫生、護士及其他醫療專業人員組成的團隊，致力於為中風患者提供最好的護理。此外，我們與三藩市加大神經病學合作，為我們的中風患者提供24/7遙距神經病學服務及中風護理。如需了解更多有關東華醫院初級中風中心的資訊，請瀏覽<https://chinesehospital-sf.org/zh-hant/stroke-care/>。

本文由東華醫院中西醫學門診 - 何綺雲中醫針灸師及東華醫院初級中風治療中心提供。

Disclaimer: This article is for informational purposes only and is not intended to substitute professional medical advice, diagnoses, or treatment. Always seek advice from your physicians or other qualified health provider.

免責聲明: 本文僅供參考，它不能替代專業的醫療建議、診斷或治療。應向您的醫生或其他合格的健康提供者尋求建議。

Eat Well, Live Well Recipe

東華醫院註冊營養師健康美食推介食譜



Steamed Fish with Ginger & Scallion

Ingredients (4 servings):

4-6 oz. Fish Filets	1/8 tsp Kosher Salt
1/4 cup matchstick cut Carrots	1/8 tsp Black Pepper
1 stalk, bruised Lemongrass	2 tbsp Sesame Oil
1 sliced Red Bell Pepper	1/2 cup Water
1/4 cup matchstick cut Ginger	1 tbsp Light Soy Sauce
1/4 cup Scallion Ribbons	2 tbsp Dark Soy Sauce
	1 tbsp Fish Sauce
	1/4 cup Rice Vinegar

Instructions:

1. Place the fish filets into a shallow, wide bowl.
2. Season the fish filets with salt, pepper, and sesame oil on the flesh side.
3. Garnish the fish filets with the sliced ginger matchsticks on the flesh side.
4. In a medium mixing bowl, combine water, light and dark soy sauces, fish sauce, and rice vinegar. Pour this mixture over the fish.
5. Bring the steamer to a full boil.
6. Place the fish into the steamer, skin side down with lemongrass stalk in the water.
7. Steam for 10 minutes or until flakey.
8. Once out of the steamer garnish with scallions, carrots, and red bell peppers.

Recipe courtesy of Chef Tu David Phu
Full recipe <https://cheftu.com/recipe/steamed-fish-with-ginger-and-scallion>

Nutritional Information Provided by Chinese Hospital
Registered Dietitian.

薑蔥蒸魚

材料 (4人份量) :

魚柳 4 - 6 盎司	蔥絲 1/4 杯	低鹽生抽 1 湯匙
蘿蔔絲 1/4 杯	粗鹽 1/8 茶匙	老抽 2 湯匙
香茅 1 條	黑胡椒 1/8 茶匙	魚露 1 湯匙
紅甜椒 1 片	麻油 2 湯匙	米醋 1/4 杯
薑絲 1/4 杯	水 半杯	

做法 :

1. 將魚柳放入淺而寬的碗中。
2. 用鹽、胡椒粉和麻油在魚柳上調味。
3. 將切好的薑片放在魚柳上。
4. 將水、醬油、魚露及米醋倒進一個中碗攪拌，然後倒在魚上。
5. 先將蒸籠/鍋中的水完全煮沸。
6. 將魚放入蒸鍋中，放入香茅及帶皮的一面朝下。
7. 蒸10分鐘，或直至魚身變挺為止。
8. 將魚拿出鍋後放上蔥、蘿蔔絲及紅甜椒。

食譜由 Chef Tu David Phu 提供
如需完整食譜，可到 <https://cheftu.com/recipe/steamed-fish-with-ginger-and-scallion> 查看。

營養資料由東華醫院註冊營養師提供。

Nutrition information per serving 每份量含以下營養 :

Calories 卡路里 : 130 kcal	Potassium 鉀 : 381 mg
Protein 蛋白質 : 9.4 g	Phosphorus 磷 : 131 mg
Total Fat 脂肪 : 7.5 g	Vitamin C (維他命C) : 43 mg
Cholesterol 膽固醇 : 16 mg	Magnesium 鎂 : 21 mg
Sodium 鈉 (鹽) : 1792 mg	Folate 葉酸 : 24 mcg
Fiber 纖維 : 1.3 g	
Carbohydrates 碳水化合物 : 5.2 g	

Software 分析軟件 : Nutritionist Pro

Healthy Exercise Tips 健康運動小貼士

Exercising from Home

There are many benefits to regular physical activity and exercise, including maintaining muscle mass, improving your balance, and preventing falls. If you aren't comfortable with leaving your home, you can still find ways to exercise with items found around the home.

One such exercise is the **Chair Squat**.

1. Stand in front of a chair with your feet as far apart as your shoulders.
2. Bend your knees while keeping your shoulders and chest upright.
3. Lower your bottom so you sit down.
4. Finish by pushing your body back up and return to a standing position.

Please be sure to consult with your doctor before attempting certain exercises that you may feel uncomfortable performing. Whenever exercising make sure you have others around or can contact them.

居家運動

定期進行運動有很多好處，包括保持肌肉質量、改善平衡及防止跌倒。如果您不習慣外出，您仍然可以家中找到物品進行鍛煉。

其中一項練習是**椅子深蹲**，請根據以下步驟：

1. 站在椅子前，雙腳分開，距離與雙膊一樣。
2. 彎曲膝蓋，同時保持膊頭及胸部挺直。
3. 降低你的臀部，讓你坐下。
4. 將身體向上推並恢復站立姿勢，以此結束。

在嘗試某些您可能感覺不適的運動之前，請事前向您的醫生查詢。每當進行運動時，請確保您身邊有其他人在場或他們可讓您可以快速聯絡。





COVID-19 Test to Treat: Free Access to Virtual Care and Treatment

The COVID-19 pandemic has impacted us all in some way, and Chinese Hospital is dedicated to providing the necessary care and support during these challenging times. In collaboration with the California Department of Public Health (CDPH), Chinese Hospital has become a "Test to Treat" site, offering immediate telehealth appointments and treatment services for individuals who test positive for COVID-19.

The benefits of Chinese Hospital's **Test to Treat Program** include:

- Quick and easy access to telehealth appointments and treatment services for those who test positive for COVID-19
- Free COVID-19 medication and personalized consultations
- Availability of free at-home rapid test kits for early detection of the virus
- A supportive healthcare team that works closely with you and your healthcare providers to ensure the best possible treatment outcomes

If you test positive for the virus, it is crucial to inform your primary care provider (PCP) and seek treatment immediately. If your PCP is not available, you can:

- Schedule an appointment with a doctor at Chinese Hospital's clinics by calling **1-628-228-2828**, or
- See a doctor virtually by calling **1-855-780-3855** or visiting **sesamecare.com/covid**

Chinese Hospital provides free COVID-19 medication upon request, which can be picked up at any of our pharmacy locations. Additionally, we offer individualized consultations to ensure that you have a comprehensive understanding of your medications and their proper administration.

Insurance or proof of positive test result are not necessary for Test to Treat Program. For more information, please visit **www.chinesehospital-sf.org/test-to-treat/**.

Article provided by Chinese Hospital

COVID-19 檢測與治療計劃： 免費藥物與治療

東華醫院已成為加州公共衛生局指定的「**Test to Treat 檢測與治療**」服務地點，為社區內的新冠病人提供即時的治療及護理服務。

東華醫院「**Test to Treat 檢測與治療**」計劃的好處：

- 新冠病人可快捷輕鬆地獲得遠距醫療服務
- 免費新冠藥物及諮詢
- 免費家用快速測試劑
- 醫療團隊會與您及您的醫生緊密合作來確保您能獲得最佳治療效果

如您的檢測結果呈陽性，您應盡快告訴您的醫生，並接受治療。如未能聯絡上您的醫生，您可以：

- 致電 **1-628-228-2828** 預約東華醫院或診所的醫生會診服務
- 致電 **1-855-780-3855** 或到 **sesamecare.com/covid** 預約遠距會診服務

東華醫院可應要求來提供免費新冠藥物，您可到東華醫院藥房領取。此外，我們亦有一對一的藥物諮詢服務，以助您了解藥物及服用方法。

「**Test to Treat 檢測與治療**」不需要保險及陽性結果證明。了解詳情，請到 **www.chinesehospital-sf.org/zh-hant/test-to-treat/**。

此文章由東華醫院提供。



Chinese Hospital
Health System
東華醫院醫療體系

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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.cchrhealth.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/zh-hant/community-newsletter

www.cchrhealth.org/tw/cchp-newsletters

YOUR HEALTH & OPINION MATTER

我們重視
您的健康
及意見

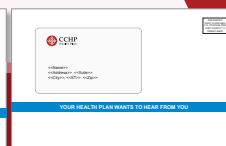
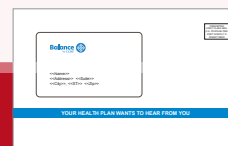


The CAHPS survey is coming!

In the next few weeks, some CCHP members will receive a **CAHPS survey** in the mail. Please complete and return the survey before their cut-off date, so we will be able to improve our services and your experiences.

CAHPS 調查問卷即將寄出！

在未來幾週，部份CCHP會員將會收到**CAHPS調查問卷**的郵件。我們懇請閣下抽空完成並寄回，以便我們提升服務質素及作出改善。



NEED ASSISTANCE
需要翻譯或其他協助

CCHP Member Services
會員服務中心

1-888-775-7888

聽力殘障人士 TTY 1-877-681-8898

IMPORTANT CONTACTS 重要聯絡資料



Chinese Hospital
Health System
東華醫院醫療體系



CCHP
Health Plan



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



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

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

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.cchrhealth.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