

CHINESE HOSPITAL HEALTH SYSTEM

Health

東華醫院醫療體系健康季刊

News

2026 APRIL – JUNE | 四月至六月



FREE Non-Emergency Medical Transportation (NEMT) for Medicare Members
 聯邦保健會員可享有免費非緊急醫療交通服務

National Cancer Control Month
 迎接「全國癌症控制月」

FREE Self-Serve Blood Pressure Monitoring at Chinese Hospital Pharmacy
 東華醫院藥房新設免費自助血壓測量站



MEMBER & PATIENT NEWS

會員及病人資訊

Non-Emergency Medical Transportation (NEMT)

CCHP offers Non-Emergency Medical Transportation (NEMT) services at no cost to eligible Medicare members to help ensure access to essential healthcare services.

This benefit is designed to support members who may have difficulty getting to medical appointments due to transportation barriers. Transportation is available for a variety of covered medical needs, including primary care visits, specialist appointments, medical supply pick-ups, and prescription pick-ups at select pharmacies. CCHP partners with reliable transportation providers and offers a range of vehicle options, including wheelchair-accessible vehicles, to accommodate members' mobility needs and ensure a safe and comfortable ride.

To allow adequate scheduling and coordination, ride requests must be made at least two business days in advance. Transportation services are available Monday through Friday, from 8:00 a.m. to 4:00 p.m., excluding holidays.

For more information about eligibility, scheduling a ride, or understanding how this benefit works, members are encouraged to contact CCHP Member Services at 1-888-775-7888 (TTY 1-877-681-8898).



非緊急醫療交通服務 (NEMT)

CCHP 為符合資格的聯邦保健會員提供免費非緊急醫療交通服務，以確保會員順利前往必要的醫療服務地點。

此項福利旨在支援因交通不便而難以前往醫療預約的會員。本服務適用於多種符合保障範圍內的醫療需求，包括家庭醫生就診、專科醫生就診、醫療用品領取以及在指定藥房取藥。**CCHP** 與可靠的交通服務供應商合作，提供多種車輛選擇，包括可供輪椅使用者搭乘的無障礙車輛，以滿足會員的行動需求，確保安全且舒適的乘車體驗。

為了妥善安排與協調接送服務，會員須至少提前兩個工作天提出乘車申請。交通服務時間為週一至週五上午八時至下午四時，假日除外。

如需了解資格、預約乘車或更多關於此項福利，歡迎致電: 1-888-775-7888 (TTY 1-877-681-8898)。

We are pleased to add Costco as a preferred pharmacy for our Balance by CCHP commercial members as a way to enhance access and affordability. Costco pharmacies were already a preferred pharmacy for our Medicare line of business, so this change aligns our network across all our lines of business.

我們很高興宣布 **Costco** 現已成為 **Balance by CCHP** 會員的優選藥房，提供更便利且實惠的處方配藥服務，並與我們的聯邦保健計劃的藥房網絡一致。此次新增進一步優化並整合我們的藥房服務網絡。



Information can be found on | 查詢相關資訊: BalancebyCCHP.com



Scan to download
Pharmacy Directory
掃描二維碼下載藥房
名錄



Scan to access
Pharmacy Search Tool
掃描二維碼使用藥房
搜尋工具

MEMBER & PATIENT NEWS

會員及病人資訊



Biosimilars: Safe and Effective Treatment Options

What are Biologics?

Biologics are specialty drugs used to treat long-term conditions like cancer, rheumatoid arthritis, skin conditions like psoriasis, multiple sclerosis, osteoporosis, and Crohn's disease. They can be costly. Biologics make up only 5% of prescriptions in the U.S. but account for 51% of total drug spending as of 2024.

What are Biosimilars?

Biosimilars are medicines highly similar to an FDA-approved biologic (the "reference product"). They work the same way and have no meaningful differences in safety, effectiveness, or quality.

Before FDA approval, biosimilars are tested to meet the same standards as the original biologic. Some biosimilars are interchangeable, meaning a California pharmacist can substitute a lower-cost biosimilar, just like they do with generic drugs for brand-name medicines.

For example, Humira is a widely used biologic for rheumatoid arthritis. Its biosimilar, Simlandi, works the same way and is interchangeable.

On average, biosimilars cost about 50% less than the original biologic. Using a biosimilar may give you more treatment options and help lower your drug costs.

If you have questions about a biosimilar or how it may affect your treatment, talk with your healthcare provider or pharmacist. **Learn more from the FDA: <https://www.fda.gov/drugs/biosimilars/biosimilars-basics-patients>**

References 參考資料:

1. U.S. Food and Drug Administration. FDA Moves to Accelerate Biosimilar Development and Lower Drug Costs. FDA News Release. October 29, 2025.
2. "The U.S. Generic & Biosimilar Medicines Savings Report: September 2023," Association for Accessible Medicines, September 2023.
3. U.S. Food and Drug Administration. Purple Book: Lists of Licensed Biological Products with Reference Product Exclusivity and Biosimilarity or Interchangeability Evaluations. Accessed January 28, 2026. <https://purplebooksearch.fda.gov>

生物相似劑：安全且有效的治療選擇

什麼是生物製劑？

生物製劑是用於治療長期疾病的特效藥物，例如癌症、類風濕性關節炎、牛皮癬（銀屑病）等皮膚病、多發性硬化症、骨質疏鬆症及克隆氏症。然而，這些藥物的價格可能非常昂貴。截至 2024 年，生物製劑僅佔美國處方藥總量的 5%，卻佔藥物總支出的 51%。

什麼是生物相似藥？

生物相似藥是與已獲美國食品及藥物管理局（FDA）批准的生物製劑（稱為「參考產品」）高度相似的藥物。它們有相同作用，在安全性、療效或品質方面沒有實質臨床差異。

在獲得 FDA 批准前，生物相似藥會經過嚴格測試，以符合與原研生物製劑相同的安全及品質標準。部分生物相似藥屬於「可互換」產品，這表示藥劑師可以在毋須取得新處方的情況下，以生物相似藥取代原研生物製劑。如在加州使用可互換的生物相似藥，藥劑師會通知您的醫療服務提供者。

例如，Humira 是一種廣泛用於治療類風濕性關節炎的生物製劑，其生物相似藥 Simlandi 的效用相同。Simlandi 已經過測試，符合相同的安全及品質標準，並且可與 Humira 完全互換。這代表藥劑師可以在毋須新處方的情況下進行替代，就像他們經常以非商標藥物代替商標藥物一樣。

平均而言，生物相似藥的價格約比原研生物製劑低 50%。使用生物相似藥或可為您提供更多治療選擇，並有助降低藥物開支。

如果您對生物相似藥或其可能對您的治療產生的影響有任何疑問，請諮詢您的醫生或藥劑師。如需更多資訊，請到 FDA 網站查詢：<https://www.fda.gov/drugs/biosimilars/biosimilars-basics-patients>



Some members may receive a **CAHPS (Consumer Assessment of Healthcare Providers and Systems)** survey asking about their health care experience. Participation is voluntary, responses are confidential and feedback helps improve care and services.

部分會員可能會收到 **CAHPS (醫療保健提供者與系統消費者評估)** 調查問卷，以了解您的就醫體驗。本調查為自願性質，所有回覆內容均嚴格保密。您的回饋將有助於我們提升醫療護理及服務品質。



HEALTH EDUCATION 健康教育



APRIL
四月

National Cancer Control Month

全國癌症防治月

April is National Cancer Control Month, a time to learn how to lower your cancer risk and find cancer early, when it is easier to treat. Many cancers can be prevented or treated more successfully when they are found early.

What you should know

- Some cancers can be prevented by healthy lifestyle choices
- Cancer often does not cause symptoms at first
- Screening tests can find breast, cervical, colorectal, and lung cancers early, before symptoms develop, when treatment is likely to work best.
- Finding cancer early can lead to better treatment outcomes

Ways to protect your health

- Don't smoke or use tobacco
- Eat healthy foods like fruits, vegetables, and whole grains
- Stay active most days of the week
- Protect your skin from the sun
- Limit alcohol
- Know your family health history
- Get recommended cancer screenings

Together, we can build a healthier community through prevention and early detection. Your primary care provider can help you decide which cancer screenings you need.

四月是全國癌症防治月，提醒大家了解如何降低罹癌風險並及早發現癌症。許多癌症在早期較容易治療及早發現可提升治療成效與存活率。

您應知道

- 健康生活習慣可預防部分癌症
- 癌症初期常無明顯症狀
- 篩檢檢查可在症狀出現前，及早發現乳癌、子宮頸癌、大腸直腸癌及肺癌，並在治療最有效的時期進行介入
- 早期發現癌症有助於提升治療成效與存活率

保護健康小貼士

- 不吸煙或不使用煙草
- 均衡飲食，多吃蔬果與全穀類
- 規律運動
- 做好防曬
- 限制酒精攝取
- 了解家族病史
- 定期做癌症篩檢

預防與早期偵測，守護您與社區的健康。請諮詢您的家庭醫師，了解適合您的篩檢項目。

MAY
五月

Hepatitis Awareness Month

肝炎關注月

May is Hepatitis Awareness Month, a time to learn more about hepatitis and how to protect your health. According to the Center for Disease Control and Prevention (CDC), hepatitis includes several types of liver infection – most commonly hepatitis A, B, and C that can affect your health if left untreated.

五月是肝炎關注月，提醒大家了解肝炎及保護健康。肝炎是影響肝臟的感染，常見包括A型、B型及C型，若未治療可能造成嚴重健康問題。

您應知道

- A 型與 B 型肝炎可透過疫苗預防
- C 型肝炎雖無疫苗，但可經治療痊癒
- 初期可能沒有明顯症狀，因此定期篩檢十分重要

保持健康

- 諮詢醫生有關接種疫苗或接受篩檢
- 勤洗手，尤其在進食或準備食物前
- 避免共用剃鬚刀、牙刷等個人物品
- 了解肝炎傳播途徑，降低感染風險

CCHP 鼓勵會員與家庭醫生討論適合自己的預防及檢測方式。

What you should know:

- Hepatitis A and hepatitis B can be prevented with safe vaccines.
- Hepatitis C doesn't have a vaccine but testing and treatment can cure most infections.
- Many people with hepatitis may not feel sick at first, so testing is important.

Ways to stay healthy:

- Ask your health care provider about hepatitis vaccines or testing
- Wash your hands often – especially before eating and preparing food
- Avoid sharing personal items like razors or toothbrushes
- Learn how hepatitis spreads so you can lower your risk

At Chinese Community Health Plan, we encourage members to talk with their provider if they have questions about hepatitis or prevention.

INTEGRATED & HOLISTIC CARE

綜合及整體護理



Traditional Chinese Medicine for Bone Health

In Traditional Chinese Medicine (TCM), osteoporosis is often seen as a weakness in the body's foundation. It is mainly linked to the **Kidneys**, which are believed to support the bones and bone marrow. As we get older or deal with long-term stress, Kidney energy can become weaker. When this happens, the bones may not get enough nourishment and can become fragile.

The **Spleen** also plays an important role because it turns food into nutrients that keep bones strong. The **Liver** supports healthy blood flow, which helps nourish the joints and tissues.

To support bone health, TCM encourages gentle weight-bearing activities like walking or Tai Chi. Keeping the lower back and knees warm can help energy move smoothly through the body. Good posture and balance are also important to help prevent falls. Eating warm, cooked foods such as dark leafy greens, black sesame, walnuts, and broth are great. It is best to limit cold or raw foods, coffee, and alcohol, since these can weaken digestion and reduce how well the body absorbs nutrients.

Some herbs like DuZhong may support bone health, but they should only be used under the care of a trained TCM practitioner. Herbal treatments should be used together with standard care, not as a replacement.

This information is general and not meant for individual treatment. For a personalized treatment plan, please consult a licensed TCM practitioner.

Article provided by Wenqian (Saya) Zhang, L.Ac., licensed acupuncturist at Chinese Hospital East West Health Services. This article provides general guidance. For personalized advice, please consult a licensed TCM practitioner.

中醫調理助您強健骨本

在中醫理論中，骨質疏鬆常被視為身體「本虛」的表現。此情況主要與**腎臟**有關，因為中醫認為「腎主骨、生髓」，負責滋養骨骼與骨髓。隨著年齡增長或長期壓力累積引發腎氣不足而變得脆弱。

脾臟同樣扮演重要角色，負責將食物轉化為營養，供應骨骼強健所需的養分。脾胃好，營養吸收才到位，為骨骼修復提供物質基礎。**肝臟**則有助於維持氣血循環順暢，肝血充足，筋脈才能靈活，保護骨骼免受磨損。

為了加強骨骼健康，中醫建議進行溫和的負重運動，如散步或太極拳。保持腰部與膝蓋溫暖有助於氣血順暢運行。良好的姿勢與平衡能力也十分重要，可幫助預防跌倒。飲食方面，建議多食用溫熱及烹熟食物，例如深綠色蔬菜、黑芝麻、核桃及燉湯等，有助補養身體。應盡量減少服食生冷、寒性食物、咖啡及酒精飲品，這些可能會削弱脾胃功能，影響營養吸收。

一些中藥材如杜仲可能有助強加骨骼，但應在合格中醫師指導下使用。中藥保健只是輔助性質，而非取代標準治療。

以上資訊僅供一般參考，並非個別醫療建議。如需個人化治療方案，請諮詢合格的中醫師。

本文由東華醫院中西醫學門診的執業針灸中醫師張雯倩提供。本文為一般建議，請與執業針灸中醫師討論最適合您的方案。



EAT WELL, LIVE WELL RECIPE

有「營」食譜



Salmon & Vegetable Brown Rice Bowl

Nourish Your Brain This Spring

Spring is a season of renewal and recovery, making it an ideal time to nurture our mental and brain health and take proactive steps toward better overall well-being.

A balanced diet rich in antioxidants, healthy fats, and essential nutrients can support brain function, mood, and long-term cognitive health. This spring-inspired bowl is simple, nutritious, and suitable for older adults and individuals managing chronic conditions.

Ingredients (Serves 2)

- 2 salmon fillets (3–4 oz each)
- 1 cup cooked brown rice or quinoa
- 1 cup broccoli florets
- ½ cup cherry tomatoes
- ½ avocado, sliced
- 1 tablespoon olive oil
- 1 teaspoon low-sodium soy sauce
- 1 teaspoon lemon juice
- Garlic, black pepper, or herbs (to taste)

Instructions

1. Season salmon with garlic, black pepper, and herbs. Pan-sear or bake at 375°F (190°C) for 10–12 minutes until cooked through.
2. Steam broccoli until tender.
3. Assemble the bowl with brown rice, salmon, broccoli, tomatoes, and avocado.
4. Drizzle with olive oil, soy sauce, and lemon juice before serving.

This balanced bowl provides omega-3 fatty acids, fiber, and antioxidants, supporting brain health, heart health, and stable energy throughout the day.

三文魚時蔬糙米養生飯

春日養腦好時機

春天是萬物復甦、身體調養與恢復活力的季節，也是關注心理健康與大腦保健的最佳時機。透過主動管理飲食與生活習慣，有助於全面提升身心健康。

攝取富含抗氧化物、優質脂肪及關鍵營養素的均衡飲食，能有效支持大腦功能、穩定情緒，並促進長期認知健康。這道春季健康食譜結合三文魚、時令蔬菜與糙米。製作簡單、營養豐富，特別適合長者及慢性病患者日常食用，是滋養身心的理想選擇。

材料（2人份）：

- 2塊三文魚柳（每塊約3–4安士）
- 1杯熟糙米或藜麥
- 1杯西蘭花
- 半杯車厘茄
- 半個牛油果（切片）
- 1湯匙橄欖油
- 1茶匙低鈉豉油
- 1茶匙檸檬汁
- 適量蒜蓉、黑胡椒或香草調味

做法：

1. 三文魚用蒜蓉、黑胡椒及香草調味。用平底鍋煎香，或放入焗爐以375°F（190°C）焗約10–12分鐘，直至完全熟透。
2. 西蘭花蒸至軟嫩爽口即可。
3. 將糙米、三文魚、西蘭花、車厘茄和牛油果放入碗中。
4. 淋上少量橄欖油、豉油及檸檬汁調味，即可享用。

這道營養均衡的健康食譜含豐富奧米加三脂肪酸、膳食纖維及多種抗氧化營養素，有助支持腦部功能、保護心血管健康，並穩定血糖與能量供應，特別適合長者及慢性病患者日常食用。

Estimated Nutrition (Per Serving):

每份材料估計含以下營養：

Calories 卡路里：320 kcal
Protein 蛋白質：25 g
Carbohydrates 碳水化合物：28 g
Fiber 纖維：6 g

Fat 脂肪：16 g
(mostly unsaturated 大部份為不飽和脂肪)
Sodium 鈉：~ 280 mg
(with low-sodium soy sauce 選用低鈉豉油)

Nutritional Information Provided by Chinese Hospital Registered Dietitian. 營養資料由東華醫院註冊營養師提供。

WELCOME DR. XIAO-PING CHENG

歡迎程小坪醫生



CHINESE
HOSPITAL
& CLINICS



Xiao-Ping Cheng, M.D., Ph.D.
Physical Medicine and Rehabilitation

程小坪醫生
復健醫學科



Chinese Hospital and Clinics welcomes Dr. Xiao-Ping Cheng, MD, to our Physical Medicine and Rehabilitation team. He brings extensive expertise in spine care and the treatment of complex musculoskeletal and joint conditions, strengthening our commitment to high-quality, patient-centered rehabilitative care.

Dr. Cheng earned his medical degree from Shanghai University of Traditional Chinese Medicine, completed specialty training at Columbia University and Temple University, and is board certified by the American Board of Physical Medicine and Rehabilitation.

Before joining Chinese Hospital, Dr. Cheng served for over 20 years as Chief of Physical Medicine and Rehabilitation at The Permanente Medical Group in San Francisco. He provides comprehensive, nonsurgical care for spine, musculoskeletal, and joint conditions, with expertise in NCS/EMG diagnostic studies and leadership of multidisciplinary teams.

Dr. Cheng treats chronic back and neck pain, joint pain, nerve-related conditions, and sports injuries. He is also expanding services to include fluoroscopic-guided interventional pain procedures to improve access to comprehensive pain management.

Known for his patient-centered approach, Dr. Cheng emphasizes accurate diagnosis, functional recovery, and long-term relief. He is fluent in English and Mandarin.

To schedule a consultation, please call 1-628-228-2828.

東華醫院及診所欣然歡迎程小坪醫生加入本院團隊，出任物理醫學及復康科醫生。程醫生在脊椎治療，複雜肌肉骨骼及關節疾病的非手術治療方面，擁有豐富而深厚的臨床經驗。他的加盟進一步鞏固本院致力為社區提供優質、以病人為本的復康醫療服務的承諾。

程醫生畢業於上海中醫藥大學，其後於哥倫比亞大學及天普大學完成專科培訓，並獲得美國物理醫學及復康醫學委員會專科認證。

在加入東華醫院及診所之前，程醫生於三藩市 **Permanente** 醫療集團擔任物理醫學及復康科部門主管逾二十年。他專注為脊椎相關疾病、肌肉骨骼及關節問題提供全面評估及非手術治療，臨床經驗豐富，專長包括神經傳導及肌電圖檢查，並具備多年領導跨專業醫療團隊的經驗。

程醫生專注治療慢性背痛及頸痛、關節疼痛、神經相關疾病、運動創傷，以及其他複雜的肌肉骨骼問題。他亦正拓展服務範圍，提供透視影像引導的介入性疼痛治療，針對腰椎及關節疾病，進一步提升病人獲得全面疼痛管理服務的效率。

程醫生以病人為本的診療方式見稱，重視準確診斷、功能恢復及長遠症狀改善。他能操流利英語及普通話，有助更全面地服務本院多元化的病人社群。

如需預約諮詢，請致電 1-628-228-2828。

Chinese Hospital has partnered with the American Heart Association to offer a free blood pressure monitoring machine at the Chinese Hospital Pharmacy (Chinatown). This convenient resource allows patients and community members to regularly check their blood pressure and better understand their heart health.

東華醫院與美國心臟協會合作，於華埠東華醫院藥房設置免費血壓量度機。此項便捷服務讓病人及社區人士可定期自行量度血壓，更了解自己的心臟健康狀況。



2026 | ADULT PREVENTIVE HEALTH GUIDELINES

SCREENING TEST	AGE 18-34	35-49	50-64	65 AND ABOVE	
Blood Pressure	Age 18 & above At your physician's discretion				Detect high blood pressure which may lead to stroke and/or heart disease
Blood Sugar		Age 35-70 Screen if overweight or obese. At your physician's discretion			Detect diabetes
Height & Weight / BMI	Periodically				Identify weight problems
Cholesterol	Age 20 & above Every 4-6 years				Detect risk of heart disease and stroke
Hearing	At your physician's discretion				Identify hearing loss
Vision		Age 40 Comprehensive eye exam Age 65 & above Every 1-2 years			Detect vision disorder
Mammography (Women only)		Age 40 & above Every 2 years			Early detection of breast cancer
Pap Smear (Women only)		Age 21-64 Every 3 years	Age 65 & above At your physician's discretion		Early detection of cervical cancer
Prostate Specific Antigen (PSA-men only)			Age 50 Discuss with doctor about screening		Early detection of possible prostate cancer
Sigmoidoscopy / Colonoscopy			Age 45 & above Sigmoidoscopy (Every 5 years) Colonoscopy (Every 10 years)		Detection of colon polyps and colon cancer
Fecal Occult Blood		Age 35-49 At your physician's discretion	Age 50 & above Yearly		Early detection of colorectal cancer
Bone Mineral Density (BMD)				Age 65 & above (Woman) Routinely	Detect osteoporosis
Cancer Related Checkups Thyroid, Mouth, Skin, Ovaries, Testicles, Lymph Nodes	Age 20 & above Periodically				Early cancer detection

IMMUNIZATIONS

Tetanus; Diphtheria; Pertussis	Age 18 & above One dose Tdap; Td booster every 10 years				Protect against Tetanus; Diphtheria; Pertussis
Pneumococcal			Age 50 & above 1 dose PCV20 or 1 dose PCV15 + 1 dose PPSV23 later		Protect against pneumonia
Influenza	Yearly				Protect against flu
Measles, Mumps, Rubella (MMR) (for adults without evidence of immunity)	Age 18 & above 1 or 2 doses				Protect against MMR
Varicella (for adults without evidence of immunity)	2 doses				Protect against chicken pox
Hepatitis B	3 doses				Protect against Hepatitis B
Human Papillomavirus (HPV)	Age 21 or under (Man) Age 26 or under (Woman) 3 doses				Protect against cervical, anal and throat cancer
Zoster			Age 50 & above 2 doses		Protect against shingles

Sources: Chinese Community Health Resource Center (CCHRC); U.S. Preventive Services Task Force; American Academy of Ophthalmology; American Cancer Society; U.S. Department of Health and Human Services



Scan to learn more about CCHRC



2026 | 成人預防性健康檢查時間表

常規測檢	18-34 歲	35-49 歲	50-64 歲	65 歲或以上	
血壓	18歲開始 視乎醫生決定				及早發現高血壓，因其可能導致中風或心臟病
血糖	35-70歲 如超重或肥胖。視乎醫生決定				檢測糖尿病
身高體重指數 (BMI)	定期性檢查				查出體重過重或過輕之原因
膽固醇度數	20歲開始 每四至六年一次				鑑別是否存在心臟病或中風的風險
聽力	根據醫生指示				查出聽力問題
視力	40歲時進行詳細眼睛檢查 65歲或以上每一至兩年一次				查出視力問題
乳房 X 光透檢 (女性)	40歲開始 每兩年一次				及早發現早期乳癌跡象
子宮頸塗片檢查 (女性)	21-64歲 每三年一次	65歲或以上 根據醫生指示			及早發現早期子宮頸癌跡象
前列腺抗原 (前列腺抗原男性)	50歲開始 與醫生商討有關測檢				及早發現早期前列腺癌跡象
乙狀結腸鏡 / 大腸鏡	45歲開始 乙狀結腸鏡 (每五年一次) 大腸鏡 (每十年一次)				及早發現結腸肉及腸癌跡象
大便潛血檢驗	35-49歲 根據醫生指示				及早發現大腸癌跡象
骨質密度	50歲或以上 (女性) 定期檢查				查出骨質疏鬆症
防癌檢查： 包括甲狀腺、口腔、皮膚、卵巢、 睪丸及淋巴結	20歲開始 定期檢查				及早發現癌症跡象

防疫注射 / 疫苗

破傷風/白喉/百日咳	18歲或以上 一次; 每十年重打加強針				抵抗破傷風/白喉病毒/百日咳病毒
肺炎	50歲或以上一針PCV15或 一針PCV20及其後再打一針PPSV23				預防感染肺炎
流感	每年一次				預防感染流感病毒
麻疹、流行性腮腺炎及德國麻疹 (如無法提供免疫證明)	18歲或以上 一或兩針				預防感染麻疹、流行性腮腺炎及 德國麻疹病毒
水痘 (如無法提供免疫證明)	兩針				預防感染水痘病毒
乙型肝炎	三針				預防感染乙型肝炎
人類乳頭瘤病毒	21歲或以下 (男性) 26歲或以下 (女性) 三針				預防患上子宮頸癌、肛門癌及喉癌
泡疹	50歲或以上 兩針				預防帶狀泡疹

資料來源：華人社區健康資源中心 (CCHRC); 美國預防服務工作組；美國眼科學會；美國癌症協會；美國衛生及公共服務部



掃描二維碼
了解CCHRC



Health, Wellness, Fitness and Educational

CLASS SCHEDULE

Check for updates on classes at www.cchphealthplan.com/classes-and-events or scan the code.



2026
Q2
APRIL-JUNE

HEALTH EDUCATION CLASSES

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	4/9/2026	Thur	1:00pm	2:30pm	•			Coronary Artery Disease	<ul style="list-style-type: none"> Risk factors for coronary artery disease Prevention and treatment of coronary artery disease
	4/21/2026	Tue	1:00pm	2:30pm	•			Heart Failure	<ul style="list-style-type: none"> What causes heart failure? Signs and symptoms of heart failure How is heart failure diagnosed? Heart failure treatment options Lifestyle changes for heart failure
	5/7/2026	Thur	1:00pm	2:30pm	•			Mental Health and Wellness	<ul style="list-style-type: none"> Risk factors for stress Ways to control stress
	5/19/2026	Tue	1:00pm	2:30pm	•			COPD	<ul style="list-style-type: none"> What is COPD? Medications and self-care
	6/11/2026	Thur	1:00pm	2:30pm	•			Asthma Management	<ul style="list-style-type: none"> What is asthma? How to manage asthma
	6/23/2026	Tue	1:00pm	2:30pm	•			Osteoporosis	<ul style="list-style-type: none"> What is osteoporosis? How to prevent and treat osteoporosis
ONLINE VIDEO VISIT 1-415-677-2458	CALL FOR APPOINTMENTS	Wed Thur	3:00pm	4:00pm	•			*National Diabetes Prevention Program	<p>Participants will learn the skills needed to lose weight, become more physically active, and manage stress, to prevent or delay on set of type 2 diabetes (FREE to CCHP, Balance members and Chinese Hospital Health Services patients, \$220 for everyone else). Note: Dates and times are subject to change.</p>

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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FITNESS CLASSES

CHA WELLNESS PROGRAM | FOR CCHP & BALANCE MEMBER ONLY
Registration: 1-415-677-2458 | wellness@chasf.org



LOCATION	DATE	DAY	TIME		LANGUAGE			CLASS	LEARNING OBJECTIVES
			START	END	E	C	M		
ONLINE 1-415-677-2458	4/9, 4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 5/28, 6/4, 6/11, 6/18	Thur	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	4/7, 4/14, 4/21, 4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9, 6/16	Tue	12:05pm	1:00pm	•	•	•	Zumba (Age 13+)	Mastering basic Latin-inspired dance moves, improving coordination and rhythm, increasing cardiovascular fitness, and boosting mood through dance and music, while having fun and socializing in a group setting.
COVID vaccination and masking are strongly recommended for all YMCA classes.	4/10, 4/17, 4/24, 5/1, 5/8, 5/15, 5/22, 5/29, 6/5, 6/12	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.

Health Education Class

Fee: FREE

National Diabetes Prevention Program

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

Fee: FREE for members

Perinatal Class

Online Fitness Class

NOTE: Classes are FREE for CCHP and Balance members. 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 and Balance 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. COVID vaccination and masking are strongly recommended for all YMCA classes.

健康講座及健身課程時間表

上網或掃描二維碼查看健身班及健康講座的最新資訊：www.cchphealthplan.com/zh-TW/classes-and-events



2026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	4/9/2026	星期四	10:00am	11:30am		•		冠狀動脈 疾病	<ul style="list-style-type: none"> 引起冠狀動脈疾病的因素? 如何預防及治療冠狀動脈疾病
	4/21/2026	星期二	10:00am	11:30am		•		心臟衰竭	<ul style="list-style-type: none"> 心臟衰竭的原因 心臟衰竭的徵兆和症狀 如何診斷心臟衰竭? 心臟衰竭治療選擇 改變生活方式會導致心臟衰竭的風險嗎?
	5/7/2026	星期四	10:00am	11:30am		•		心理健康 和保健	<ul style="list-style-type: none"> 引起壓力的因素 如何處理壓力或保持心理健康
	5/19/2026	星期二	10:00am	11:30am		•		支氣管炎 及肺氣腫	<ul style="list-style-type: none"> 支氣管炎和肺氣腫? 藥物治療和自我護理方法
	6/11/2026	星期四	10:00am	11:30am		•		哮喘病護理	<ul style="list-style-type: none"> 什麼是氣喘? 如何管理氣喘
	6/23/2026	星期二	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
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，預防和延緩二型糖尿病的發病。</p> <p>此課程對 CCHP、Balance 會員及華康醫務中心病人免費開放，其他公眾收費 \$220 (整套課程)</p> <p>備註：日期與時間可能會有所調整。</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	•	•		新生兒護理 與健康指南	<ul style="list-style-type: none"> 新生父母指南 新生兒照護須知 新生兒護理要點 口腔保健與母乳哺育
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健身班時間表

課程由東華醫院提供 | 只限於 CCHP 及 Balance 會員
報名：1-415-677-2458 | wellness@chasf.org



地點	日期	星期	時間		語言			講座	課程須知
			開始	結束	英	粵	國		
網上健身班 1-415-677-2458	4/9, 4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 5/28, 6/4, 6/11, 6/18	星期四	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。
華埠青年會 親身授課 健身班 1-415-677-2458	4/7, 4/14, 4/21, 4/28, 5/5, 5/12, 5/19, 5/26 6/2, 6/9, 6/16	星期二	12:05pm	1:00pm	•	•	•	尊巴舞 (13歲以上)	掌握基本的拉丁舞蹈動作，提升協調性和節奏，增強心血管健康，透過舞蹈和音樂提升情緒，同時在團體環境中享受樂趣和社交。
強烈建議參加 華埠青年會課程 人士佩戴口罩及 接種新冠疫苗	4/10, 4/17, 4/24, 5/1, 5/8, 5/15, 5/22, 5/29, 6/5, 6/12	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。

健康講座
費用：免費

國家糖尿病預防項目
親身授課健身班：華埠青年會
費用：會員免費

婦產及嬰兒講座

網上健身班

855 Sacramento Street, San Francisco, CA 94108

備註：CCHP及Balance會員免費課程須事先報名。若報名人數少於5人，課程將被取消。日期與時間可能會有所調整。為確保所有會員皆有機會參與健身課程，每位會員每季度最多可註冊4節課程。對於其他有興趣的課程，會員可登記於等候名單，並等待通知。強烈建議參加親身授課者佩戴口罩及接種新冠疫苗。



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 1-888-775-7888 or email Info@CCHPHealthPlan.com. Electronic copies are available online at:

www.cchphealthplan.com/community-newsletter
www.balancebycchp.com/newsletter
www.cchrchealth.org/cchp-newsletters

這季刊會注重每季度健康的主题和活動，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 1-888-775-7888，電郵 Info@CCHPHealthPlan.com 或上網瀏覽：

www.cchphealthplan.com/zh-TW/community-newsletter
www.balancebycchp.com/zh-hant/newsletter
www.cchrchealth.org/tw/cchp-newsletters



We are committed to continuously improving and would greatly appreciate your feedback.
我們致力不斷提升服務質素，感謝您的寶貴意見。

Please take a moment to complete this survey and share your insights on the information that we provide through the phone and/or our website.

花不到三分鐘便可完成這份問卷，請分享您對我們透過電話和/或網站所提供資訊的看法。

SCAN TO PARTICIPATE
掃描填寫調查問卷



IMPORTANT CONTACTS 重要聯絡資料



CHINESE
HOSPITAL
& CLINICS



CCHP
Health Plan



Balance
by CCHP



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 1-888-775-7888
CCHP 會員服務中心 - 華埠
445 Grant Ave, San Francisco
www.cchphealthplan.com

CCHP Member Services Center - Daly City 1-888-775-7888
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.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 1-650-761-3542
- Daly City
中西醫學門診 - 帝利市
386 Gellert Blvd, Daly City
www.chewhs.org