

PULSE

WINTER 2020 NEWSLETTER

2020 冬季通訊

NEW YEAR, NEW HABITS

新的一年，新的習慣

Guide to Understanding Your Health Options

健康選擇指南



Your Health. Your Choice. Our Mission.
仁心仁術，你的健康良伴。



Member Relations Department 會員關係部

We are health care professionals who are here to help you understand your medical system and your benefits. We are fluent in Cantonese, Mandarin, English, and other local dialects.

我們協助並服務您全面了解醫療系統與計劃,專業精通廣東話,國語,英語,以及多國語言!

We can help you with:

會員服務項目:

- Finding A Doctor
轉換家庭醫生
- Understanding Your Health Plan Benefits
了解醫療福利
- Questions About Your Medical Bill
醫療賬單查詢
- Translation Services
醫療信件翻譯服務
- Scheduling Medical Appointments
醫療交通預約



We Can Help You! 我們能幫你!

Address 資訊部辦公室:

823 Jackson Street.
San Francisco, CA 94133

Office Hours 辦公時間:

Monday to Friday 週一至週五
8:30am – 5:00pm

Hot Line 熱線電話: 415-590-7418

Languages 語言:

Cantonese 廣東話 Toishanese 台山話
Mandarin 普通話 English 英語

Patient Experience Surveys 客戶體驗調查

Every year Asian American Medical Group (AAMG) conducts a patient experience survey between January and March. You may receive a survey letter or phone call during this time. Your feedback allows AAMG to continually improve our services and quality of care.

每年美亞醫療集團 (AAMG) 都會在1月至3月對我們的會員進行體驗問卷調查。在此期間, 您可能會收到關於問卷調查的信件或電話。您的反饋將促使我們不斷改善服務和護理質量。

If you have any questions, please contact our Member Relations Department at (415) 590-7418 or visit our office at 823 Jackson St., San Francisco, CA 94133.

如貴客有任何諮詢, 請聯絡我們的會員關係部門電話(415)-590-7418或到訪我們的辦公室地址823 Jackson St., San Francisco, CA 94133。

Health Education Workshops 健康教育工作坊

Chinese Newcomers Service Center

Time: 1:30 PM - 3:00PM

777 Stockton St. # 108 SF, CA 94108

FEB
5th

Understanding Cholesterol

瞭解膽固醇

Learn how a healthy diet and regular exercise can effectively lower cholesterol levels and associated risks.

了解健康飲食和定期運動如何有效降低膽固醇水平及相關健康風險。

MAR
11th

Falls and Exercises

如何在運動中預防跌倒

Falls can threaten seniors' safety and independence. It is important to be aware of their risks and prevention.

跌倒威脅著老年人的安全和獨立能力。提高風險意識，預防跌倒是至關重要的。

APR
8th

Understanding Kidney Disease

瞭解腎病

Chronic kidney disease (CKD) can lead to many complications, including high blood pressure, anemia, and hyperlipidemia.

慢性腎病 (CKD) 可導致多種併發症，包括高血壓，貧血，及高血脂。加入我們，一起學習預防慢性腎病吧！

FREE EXERCISE CLASSES at Chinatown YMCA*

唐人街男青年會免費運動課程*

- 1 ZUMBA 尊巴** | Every Monday 逢星期一, 1 PM - 2 PM
- 2 YOGA 瑜伽** | Every Tuesday 逢星期二, 11 AM - 12 AM
- 3 WATER FIT 水上運動** | Every Thursday 逢星期四, 9 AM - 10 AM
- 4 TAICHI 太極** | Every Friday 逢星期五, 1:30 PM - 3:30 PM

*for Anthem Medicare patients only 只限藍十字耆英會員

North Beach Library

Time: 1:00 PM - 2:00PM

850 Columbus Ave., SF, CA 94133

FEB
28th

Understanding Diabetes

瞭解糖尿病

Unmanaged diabetes can lead to long-term complications. Learn how to manage your diabetes through diet and exercise.

如果糖尿病治療不當，可能會導致長期併發症。了解如何通過飲食和鍛煉有效管理糖尿病。

APR
24th

Understanding Asthma

認識哮喘

Asthma management and education can help people lead normal, active lives.

哮喘的管理和教育可以幫助人們過正常，積極的生活。

MAY
29th

Understanding Dementia

認識癡呆症

Lifestyle changes including regular exercise and being social can help ease the symptoms of dementia.

透過日常生活中的改變，包括：規律運動和多參與社交活動能改善癡呆症症狀。

JUN
26th

Learn about Heart Failure

認識心臟衰竭

People with conditions such as hypertension, diabetes, and coronary heart disease are significantly at risk of heart failure.

患有高血壓，糖尿病和冠心病的患者有更高心臟衰竭的幾率。

Space is limited! Please call AAMG Member Relations to RSVP at (415) 590-7418.

名額有限！請盡快與AAMG會員服務部 (415)590-7418預先登記。

What is Cholesterol?

什麼是膽固醇?

Cholesterol is a wax-like substance that your body needs to build cells. However, having too much cholesterol can be a problem for the body, so it is important to maintain the right balance in cholesterol. Cholesterol plays a few essential roles in our body, such as building healthy cell membranes, producing hormones, and synthesizing vitamin D. Nevertheless, high levels of cholesterol may lead to build up of plaque, which is related to coronary heart disease, heart attack and/or stroke.

Good Cholesterol (HDL) removes excess cholesterol in the arteries.

Bad Cholesterol (LDL) builds up cholesterol in the arteries.

How To Lower Cholesterol?

Lifestyle changes and modifications in your diet can help lower your cholesterol. Consume foods rich in fiber and Omega-3 like oatmeal and fish. Eat foods that raise your HDL cholesterol and lower your LDL cholesterol. Refrain from eating foods with high saturated fats like red meat and full fat dairy products. Exercising at least 30 minutes a day can help you lose weight and reduce your cholesterol. Consult your doctor and learn about what other changes you can make to lower your cholesterol.

膽固醇是一種蠟狀物質，您的身體需要建立細胞。但是，膽固醇過多對身體可能是一個問題，因此保持適當的膽固醇平衡很重要。膽固醇在我們的身體中扮演著重要的角色。功能包括建立健康的細胞膜，產生激素和合成維生素D。但是，高膽固醇水平可能會導致斑塊積聚，引致冠心病、心臟病或中風。幸好，改變你的生活習慣例如健康飲食和日常運動能有助降低膽固醇及相關風險。

好膽固醇（高密度脂蛋白）會移除血管上積聚多餘的膽固醇。

壞膽固醇（低密度脂蛋白）會積聚膽固醇在血管上。

如何降低膽固醇?

在日常生活中作出改變並改變你的飲食習慣能降低膽固醇。食用含有豐富奧米加-3脂肪酸和纖維的食物，例如：麥皮和魚。食用會提高你高密度脂蛋白和降低低密度脂蛋白的食物。減低食用多飽和脂肪的食物，例如：紅肉和全脂奶製品。每天最少運動30分鐘可以協助減低體重和降低膽固醇。諮詢你的醫生並學習可以降低膽固醇的生活習慣。



Esther Situ, RD, CDE, MBA
Health Education Manager

Esther has directed the health education team here at AAMG since January 2017 as a compassionate registered dietitian and a certified diabetes educator.

自2017年1月起，Esther開始領導AAMG的健康教育團隊。她是一名富有愛心的註冊營養師，同時也是一名認證的糖尿病教育者。

5 TIPS on How To Start The New Year Healthy

關於如何開始健康新年的5個提示



Drink eight cups of water a day to stay hydrated! 每天喝八杯水以保持身體的水分!



Get your daily intake of Vitamin D by sitting in the sun for 30 minutes. Don't forget to wear sunscreen!

坐在陽光下30分鐘即可滿足每日維生素D的建議攝入量。別忘了塗抹防曬霜!



Doctors recommend a minimum of 30 minutes of exercise per day! 醫生建議每天至少運動30分鐘!



Improve your daily functioning skills by getting 7-9 hours of sleep per night! 每晚保證7-9個小時的睡眠，能提高您的日常運轉能力!



Remember to relax and give yourself a break. You deserve it! 記住放鬆一下，給自己一點休息時間。您值得擁有!

Visit our website and YouTube page for various resources on over 30 health topics!

瀏覽我們的網站和YouTube頁面，獲取有關30多個健康主題的各種資源!

Health education topics include:

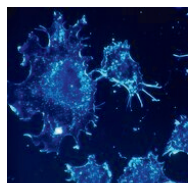
健康教育主題包括:



Asthma
哮喘



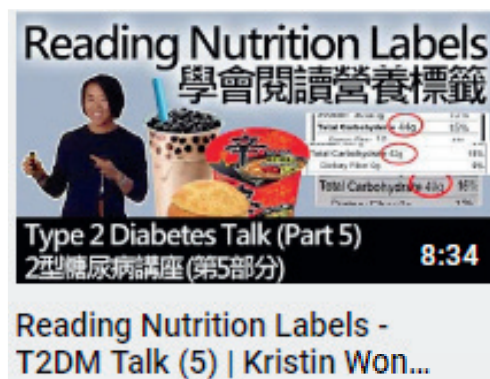
Atrial Fibrillation
心房顫動



Cancer
癌症



Cholesterol
膽固醇管理



- ✓ Workshops & Seminars 講座
- ✓ Health Education Videos 健康教育短片
- ✓ One-on-One Counseling & Coaching 一對一面談輔導

Learn how to lead a healthier lifestyle today! 了解今天如何擁有更健康的生活方式!

Scan the QR code to visit our Health Education website! 掃描二維碼訪問我們的網站!



Cal-Fresh

The Calfresh program provides nutrition assistance for low income households. We can help you apply in-person or online.

We recommend making an appointment with the Member Relations department at (415) 590-7418.

What to bring to your appointment:

- Identification Card
- Bank Statement
- Relevant Bills (Medication, Water, Gas, etc.)

Reference: <https://www.cdss.ca.gov/food-nutrition/calfresh>

Basic Eligibility Questions:

- Does anyone in your household have a social security number?
- Is your monthly income before taxes less than the amount allowed?

If you answered **YES** to both questions, you may qualify for CalFresh.

If you answered **NO**, you may still qualify for CalFresh. There are special rules for households that have people who are over 60, disabled and immigrants.

Reference: <http://mycalfresh.org/the-basics/>

Extra Help Program

If you have Medicare, but not Medi-cal, you may be eligible for Medicare's Part D Extra Help Program. This program assists people with low income or no income to pay for prescription medication costs. We encourage you to apply because not all income and resources count towards determining your eligibility.



Extra Help May Be Available If You Are:	With income less than	With resources less than
Single	2019 = \$18,735	2019 = \$14,390
Married (living with spouse and no other dependents)	2019 = \$25,365	2019 = \$28,720

If you qualify for Medicare's Extra Help Program, you will have:

- Lower copayment/coinsurance for prescriptions
- Lower monthly plan premium for prescription drugs
- No Coverage Gap
- No Part D late enrollment penalty

Reference: <https://www.medicare.gov/your-medicare-costs/get-help-paying-costs/find-your-level-of-extra-help-part-d>

糧食券計劃

加州糧食券計劃 (The CalFresh Program) 會向低收入家庭提供營養補充援助。我們可以協助你現場申請或網上申請。

如有興趣，請預約我們的會員關係部門查詢，請致電 (415)590-7418.

請攜帶以下資料赴約：

- 身份證
- 銀行證明
- 相關收條 (醫療, 水或煤氣單)

Reference: <https://www.cdss.ca.gov/food-nutrition/calfresh>

資格相關問題：

- 你家庭中有人有社會安全號碼嗎？
- 你稅前月入少於其規定的收入嗎？

如果你兩條問題都回答了**是**的話，你便合資格參加加州糧食券計劃。

如果你回答**不是**的話，你也有可能合資格參與其計劃。這個計劃對有超過60歲，殘障人士或新移民家庭有特別的規例。

Reference: <http://mycalfresh.org/the-basics/>

藥物額外幫助計劃

如果客戶有聯邦醫療保險 (Medicare, 而沒有加州醫療補助計劃 (Medi-cal); 你可能符合資格參與聯邦醫療保險(Medicare)的D部分額外資助計劃。這計劃會幫助低收入或無收入人士支付處方藥。我們建議客戶申請，因為不是每一個收入或補貼都會影響你是否合資格申請這個額外資助計劃。



你可能符合額外幫助計劃	收入少於	資產少於
單身	2019 = \$18,735	2019 = \$14,390
已婚 (與配偶同住, 無其他家屬)	2019 = \$25,365	2019 = \$28,720

如果您符合Medicare的“額外幫助計劃”的資格，則您將：

- 降低處方藥的診金/共付額
- 降低處方藥的計劃月費
- 沒有藥物覆蓋差距
- 沒有藥物後期註冊罰款

Reference: <https://www.medicare.gov/your-medicare-costs/get-help-paying-costs/find-your-level-of-extra-help-part-d>

Timely Access of Care 及時獲得護理標準

Asian American Medical Group (AAMG) is dedicated to providing you the health care you deserve. If you need to see a doctor, we recommend calling the doctor's office to schedule an appointment. If your preferred appointment time is not available, you should receive an appointment within these time frames:

亞美醫療集團 (AAMG) 致力於為您提供應有的醫療保健。如果您需要看醫生，我們建議您致電醫生安排預約。這將使您的醫生將您納入他們的患者時間表，以便您有足夠的時間來解決您的醫療問題。如果沒有您首選的預約時間，我們可以確保您在以下時間範圍內收到預約安排時間：

Appointment Type	Time Frame
Urgent Care - prior Authorization required 預約不需事先授權轉介的緊急醫護服務	96 hours/小時
Urgent Care - prior Authorization not required 預約需要事先授權轉介的緊急醫護服務	48 hours/小時
Non-urgent appointments with a primary care physician 預約非緊急的主診醫生	10 business days/工作天
Non-urgent appointments with a specialist 預約專科醫生	15 business days/工作天
Non-urgent mental health appointment 預約非主診醫生的精神護理提供者	10 business days/工作天
Ancillary appointments (labs, x-rays, etc) 預約非緊急輔助醫療、診療、受傷、疾病或其他健康狀況服務	15 business days/工作天

If you have any questions, please contact our Member Relations Department at (415) 590-7418 or visit our office at 823 Jackson St., San Francisco, CA 94133.

如貴客有任何諮詢，請聯絡我們的會員關係部門電話(415)590-7418或到訪我們的辦公室地址 823 Jackson St., San Francisco, CA 94133。

Recent Events

最近活動

AAMG offers weekly health education workshops to members of the community. To the left is our registered dietitian and AAMG health education manager, Esther Situ, giving a presentation on hypertension!

美亞醫療中心提供免費醫療工作坊給社區的市民。左邊的是我們的健康教育部主任司徒玉清註冊營養師在講關於高血壓的講座。



To celebrate the 2019 Mid-Autumn festival, our Outreach team invited community seniors to have fun together by watching a classic asian film while enjoying moon cake and dim sum. We had a turn out of over 200 people!

為慶祝2019年中秋節，我們的外展部門邀請了社區長者一起看一部經典中文電影並吃點心和月餅慶祝。這活動最後有超過200人參加！

AAMG promotes healthy eating and physical activity . Our doctors visit elderly homes and senior day cares to provide health education on how to lead a healthy lifestyle. To the left, we have Internal Medicine Specialist, Sai-Sun Ho, giving a presentation on high blood pressure.

美亞醫療集團宣傳健康飲食和運動。我們的醫生會探訪老人院或老人日托中心並給予講座教導長者更健康的生活習慣。左邊的是我們的內科專家，何世燊醫生，講高血壓的講座。



Would you like to collaborate with AAMG? Lets talk! Contact our Outreach Team at (415) 590 - 7416. 你想跟美亞醫療集團合作嗎？請聯絡我們的外展部門，電話：（415）590-7416。

News & Updates 更新資訊

Our efforts on promoting **No on Prop C** was an overwhelming success! More than 78% of voters voted No on Prop C. This means that current city laws will remain in place banning vape products that are not approved by the Food and Drug Administration (FDA). This measure prohibits the sale of vapor products to minors under the age of 21, the marketing of vapor products to minors, and require all retailers to have a bi-annual training for their employees on electronic cigarettes regulations.

我們否決C議案的提議非常成功。超過78%選民都否決了C議案。這代表我們的城市的法例會繼續禁止不受食物和藥品管理局批准的電子煙產品。這代表商家不能向21歲以下人士銷售電子煙產品，並且所有電子煙店員要接受每年2次的電子烟條例訓練。



AAMG congratulates Man-Kit Leung, M.D. on being elected Chairperson of the Board of Trustees at Saint Francis Memorial Hospital!

美亞醫療集團恭喜梁文傑醫生當選聖方濟各紀念醫院董事會主席!



Wu Lee Quock Clinic
1044 Taraval Street
San Francisco, CA 94116
Tel: (415) 516-3808

Wu Lee Quock Clinic is a primary care clinic for adults and children. We are located in Sunset and easily accessible by car and Muni.

Open Mon - Fri, 9:00AM -5:00PM

伍李郭醫務所是專為成人和兒童的家庭醫生診所。我們位於日落區，開車或坐公車Muni都能容易到達。

星期一至星期五, 9:00AM -5:00PM

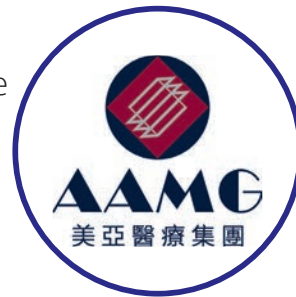


AAMG welcomes these physicians to our medical group! 美亞醫療集團熱烈歡迎以下新加入我們團隊的醫生!



Charles Moser, M.D.

Internal Medicine & HIV Medicine
(內科及傳染病醫學)
1199 Bush St., Ste 400
San Francisco, CA 94109
Tel: 415-921-8210



Samuel Young, M.D.

Gynecology (婦科)
101 S San Mateo Dr. Ste 111,
San Mateo, CA 94401
Tel: 415-921-8210



Mark Savant, M.D.

Internal Medicine (內科)
1 Shrader St., Ste 500
San Francisco, CA 94117
Tel: 415-387-8031



Michael Schrader, M.D.

Internal Medicine (內科)
1199 Bush St., Ste 400
San Francisco, CA 94109
Tel: 415-921-8210



Gene Kim, M.D.

Internal Medicine (內科)
1 Shrader St., Ste 550
San Francisco, CA 94117
Tel: 415-387-8031



Andrew Wang, M.D.

Internal Medicine (內科)
909 Hyde St., Ste 125
San Francisco, CA 94133
Tel: 415-771-4366



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Member Relations

823 Jackson St.
San Francisco, CA 94133
Tel: (415) 590-7418

AAMG Community Activities

美亞醫療集團社區活動

We offer:

我們提供:

- Free Health Workshops 免費健康工作坊
- Free Senior Home Activities 免費長者家居活動
- Free Prenatal and Postnatal Events 免費產前及產後工作坊

Don't see a workshop you are interested in? Give us your feedback on what events you'd like to see. 沒有你感興趣的活動? 向我們反饋你將來想看到的活動。

Contact the Outreach Supervisor, Fiona Chen at 415-590-7416 if you are interested in participating!

如果有興趣參與, 請致電外展主管查詢, Fiona Chen 電話: 415-590-7416.

