

PULSE

SPRING 2020 NEWSLETTER

TELEHEALTH SERVICES AND WAYS TO STAY HEALTHY

遠程醫療服務和保持健康的方法



YOUR DOCTOR IS IN!
你的醫生在應診!

Give your doctor a call today!
請致電你的醫生預約!



Member Relations Department 會員關係部

WE ARE OPEN FOR CALLS!

If you need assistance, please call our hotline at (415) 590 - 7418. For status updates regarding COVID-19 or office hours, please check our website at AAMGDoctors.com

我們歡迎來電!

如果您需要幫助，請致電我們的電話熱線 (415) 590-7418。有關COVID-19或辦公時間的狀態更新，請瀏覽 AAMGDoctors.com 網站。



Hotline 熱線電話 : 415-590-7418

Hotline Hours 熱線時間 :

Monday to Friday 週一至週五

8:30am - 5:00pm

Languages 語言:

Cantonese 廣東話 Toishanese 台山話

Mandarin 普通話 English 英語

Introducing Telehealth 遠程醫療簡介

**Feeling unwell and want to see your doctor?
感覺不適，想看您的醫生?**

Stay at home and communicate with your doctor through telehealth services instead of visiting their office. Using your phone or computer, schedule an audio or video appointment from the comfort and safety of your own home. The following page will teach you how Doxy.me works.

待在家裡就能透過遠程醫療服務與您的醫生會面，毋需親身拜訪他們的辦公室。以手機或電腦使用音頻或視頻方式在家中舒適和安全地見醫生。下一頁將教你如何使用 Doxy.me。



Pictured: Alexander Chang, M.D | 陳顯光醫生

Specialty: Pediatrics 兒科 | Internal Medicine 內科

Address/辦公室地址:

1044 Taraval St, San Francisco, CA 94116

Telephone/ 電話: (415) 566-3808

Office Hours/辦公時間:

Monday - Friday / 星期一至星期五

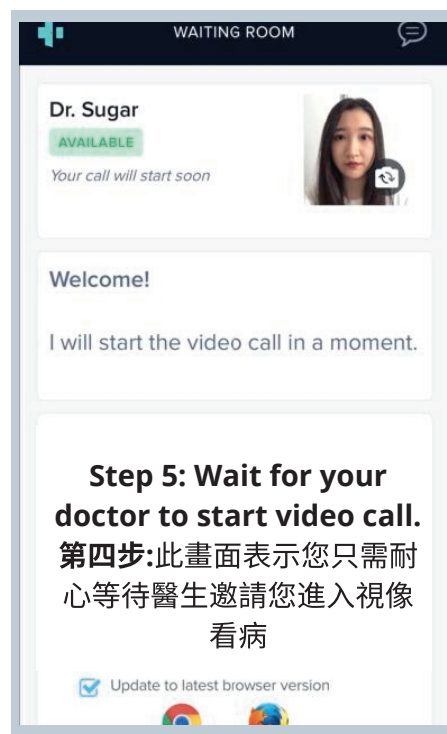
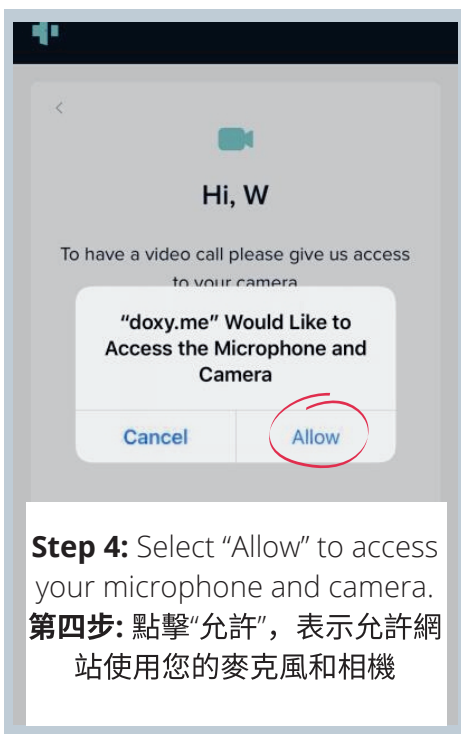
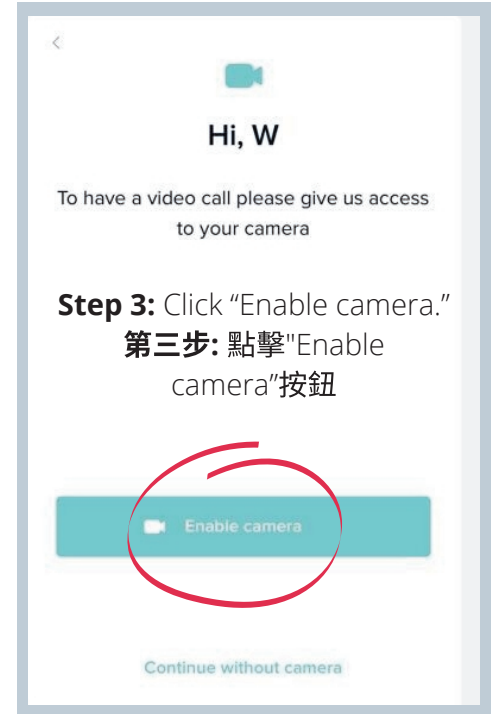
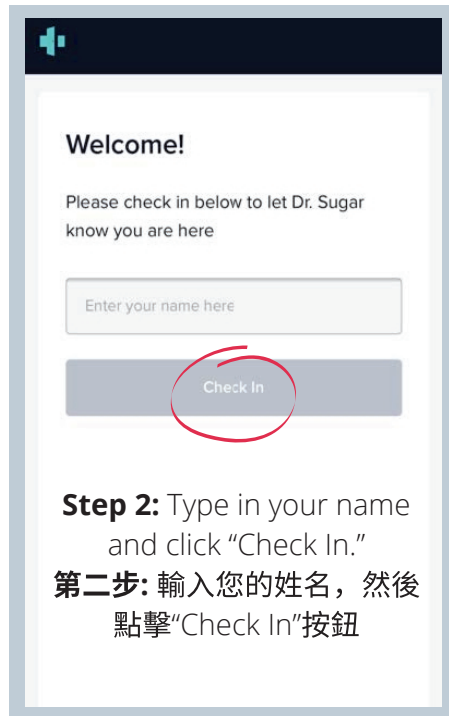
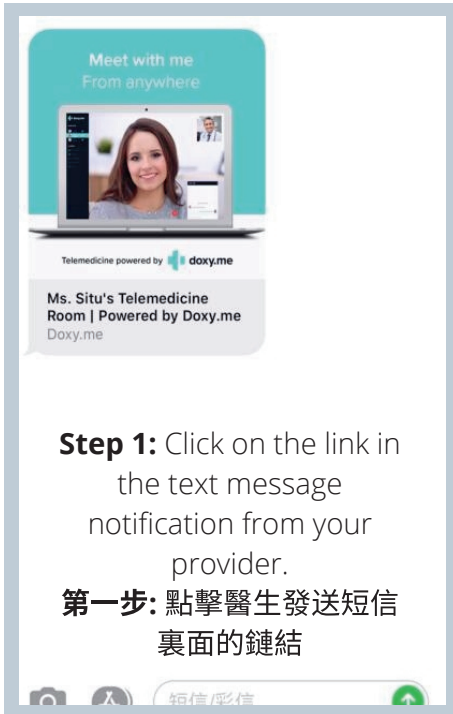
9:00 AM - 5:00 PM

See Your Doctor From Anywhere with Doxy.me

使用Doxy.me隨時隨地與您的醫生遙距看病

Many of our doctors are using Doxy.me to provide telehealth services to their patients. The steps below will teach you how to use Doxy.Me on your phone. If you need help using this program, please contact our Member Relations team at (415) 590 - 7418.

許多醫生正在使用Doxy.me為患者提供遠程醫療服務。他們下面的步驟將教您如何使用Doxy.Me。如果您需要使用此程序的幫助，請致電（415）590-7418與會員關係團隊聯繫。



Protect Yourself and Your Family from COVID-19 保護自己和家人免新冠狀病毒的侵害

Social Distancing: Why It Matters 保持社交距離:為何如此重要?

Why is it important?

Social distancing is to protect you, your family, and people in your community from catching the disease and spreading it to others, thus reducing the number of new infection cases.

為何如此重要?

社交距離保持社交距離可以確保您能保護好自己,家人和社區中的人們減少感染該疾病使其傳播給他人的風險,從而減少新出現的感染病例。

6 Feet / 6 英尺

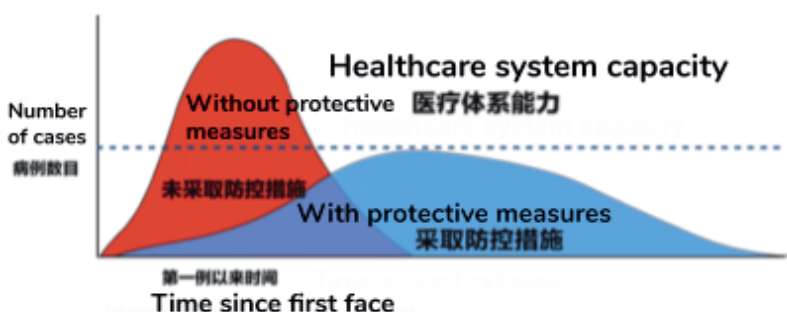


Flatten the Curve

By practicing social distancing, we can do our part to flatten the curve and not overwhelm the capacity of our healthcare system. This is to make sure that all patients get help that they need in a timely manner.

展平曲綫

通過保持社交距離,我們可以盡自己的力量使曲綫變平,即減緩冠狀病毒的傳播速度,避免醫療體系不堪重負。這樣可以確保所有患者及時獲得救護資源並取得幫助。



What is Social Distancing?

Social distancing is the act of putting space between you and others to stop or slow down the spread of a disease. This means **avoiding crowded places and keeping a physical distance at least 6 feet between you and others.**

什麼是社交距離?

社交距離是指在您和其他人之間留出一定空間以阻止或減慢傳染病傳播的行為。**這意味著要避免人群擁擠的地方,並保持您與他人之間至少6英尺距離。**

What does this look like in action?

- Spend less time being outside of the home to avoid exposure
- Avoiding physical touch by hand waving instead of handshaking or high five

實際上如何付諸行動?

- 減少在外出的時間以避免暴露與病毒中
- 避免身體接觸,用揮手的方式互相問候,以代替握手和擊掌

Handwashing Saves Lives! Decrease the Spread of Harmful Viruses and Bacteria 洗手可以挽救生命！減少有害病毒和細菌的傳播



1) Wet hands with water
用水濕手



2) Use soap
用肥皂



3) Rub your palms
揉搓手掌



4) Rub palm to palm
手指交叉搓洗



5) Rub back
of hands
搓洗手背



6) Rub base
of thumbs
搓洗拇指



7) Scrub
fingernails
搓洗指甲



8) Rub around wrists
搓洗手腕



9) Rinse with water
用水沖洗乾淨



10) Dry hands thoroughly
with towel
用毛巾徹底擦乾雙手

If soap and water are
unavailable, use
hand sanitizer that contains at
least 60% alcohol
如果沒有肥皂和水，
可使用含60%酒精的搓手液

洗手20秒！利用紙巾包住門把手打開洗手間的門。

Wash your hands for 20 seconds! Grab the door handle with a paper towel to open the restroom door.

AAMG Member Relations Department is always here to assist you: (415) 590-7418
AAMG 會員關係部隨時為您提供服務，聯繫電話：(415) 590-7418

For more information on COVID-19, visit [CDC.gov](https://www.cdc.gov), [SFPD.org](https://www.sfdph.org), and AAMG's website, YouTube and Facebook page. 如需更多有關新冠病毒的更多信息，請訪問 [CDC.gov](https://www.cdc.gov), [SFPD.org](https://www.sfdph.org) 以及 AAMG 網站，YouTube 和 Facebook 頁面。



**WIN
\$50**

What is Your Favorite Recipe? 告訴我們您最喜歡的食譜?

**Tell us your favorite, healthy recipe to get a chance to win a \$50 gift card!
We will randomly pick a winner each month!***

告訴我們您最喜歡的健康食譜，就有機會贏取\$ 50的禮品卡！我們每個月都會隨機選擇一名得獎者！*

Two Ways to Enter 兩種參與方法

Method 1: Call our Member Relations team and tell us your favorite recipe.

Don't forget to tell us your Name and contact number!

方法一：致電我們的會員關係部，告訴我們您最喜歡的食譜。
不要忘記告訴我們您的姓名和聯繫電話！

Method 2: Visit AAMGDoctors.com/events to submit your favorite recipe online!

方法二：到訪AAMGDoctors.com/events在網上提交您喜歡的食譜！

Guidelines 指引

- You may only enter once each month.
您每個月只能參加一次。
- Winning recipes will be posted on our website on the first day of the next month.
獲獎食譜將在下個月的第一天在我們的網站上發佈。
- Each recipe can only be submitted once.
每個食譜只能提交一次。
- Official guidelines and disclaimers can be found on the sweepstakes submission page.
官方指南和免責聲明可在抽獎提交頁面上找到。

One winner every month!*

Tell your friends!

每個月都有一位優勝者!*

告訴你的朋友!



*Disclaimer: We reserve the right at its sole discretion to cancel the Sweepstakes at any time.

*免責聲明：我們保留自行決定隨時取消抽獎活動的權利。



Pop-Up YKids - Early Childhood Programs 幼兒計劃

YMCA is offering childcare for families unable to provide childcare for their youth during this time. They are operating at 3 locations and accept children from 3 months to 12 years old. Please go to AAMGDoctors.com/community-resources to learn how to enroll in this program.

基督教青年會在這段時間為無法提供青少年保育服務的家庭提供托兒服務。他們有3個地點接受3個月至12歲的兒童托兒服務。請瀏覽AAMGDoctors.com/community-resources 了解如何註冊該計劃

Teen Healthy Eating & Active Living (HEAL) Internship Program 青少年健康飲食和積極生活 (HEAL) 實習計劃

This Internship Program empowers teens to improve their nutritional and physical well-being while learning leadership skills. Program topics will include healthy cooking and eating, goal setting, public speaking, and exploring of social issues and effective communication. Teen interns will develop an engaging curriculum to teach at their high school and assist in community events. Selected interns will receive a \$300 stipend.

此實習計劃使青少年能夠改善自己的營養和身體健康，同時學習領導能力。課程主題將包括健康的烹飪和飲食，目標設定，領導力包括公開演講，溝通和社會問題的技能。青少年實習生將發展一個引人入勝的課程在其高中教導並在社區活動協助推行。選定的實習生將收到300美元的津貼。

Qualifications 資格:

- In 9th - 12th grade by September 2020
2020年9月進入9至12年班
- GPA 3.0 or above
平均成績3.0或以上
- Passionate about healthy eating
對健康飲食充滿熱情

How to Apply 怎樣申請:

- Submit application to vivian.i.wong@sfdph.org by **May 15, 2020**
2020年5月15日前提交申請至 vivian.i.wong@sfdph.org
- Application is downloadable at AAMGDoctors.com/community-resources
可在以下位置下載申請表格
AAMGDoctors.com/community-resources



Sponsored by: Nutrition Services,
Chinatown Public Health Center, SFDPH



Co-Sponsored by: YMCA



Funded by: CCHCA



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Member Relations

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

Refer a friend to join the AAMG family! Open enrollment is open year round for Medi-Medi members. Please contact our Member Relations department at (415) 590 - 7418 to join today!
推薦朋友加入AAMG家族! 歡迎持有紅藍及白卡人士隨時加入。
請聯繫會員關係部(415) 590-7418, 立即加入!



Hosted by: AAMG

Mother's Day Art Contest 母親節藝術比賽



Co-Hosted by: CCHCA

Drawing Theme 繪畫主題

A Parent's Love - Appreciation Art
父母的愛-欣賞藝術

Age Groups 年齡組別

- (1) 0-9 yrs old
- (2) 10-14 yrs old
- (3) 14-18 yrs old

Prize 獎品

One winner from each age group
will get (1) \$100 gift card!!
每個年齡組別的一名獲獎者
將獲得 (1) \$ 100禮品卡! !

Submission Deadline

提交截止日期

5月22日

May 22nd

Check out AAMGDoctors.com/events for guidelines
on how to enter this contest!

瀏覽AAMGDoctors.com/events查看如何參加比賽的指南。

