

# PULSE

SUMMER 2020 NEWSLETTER

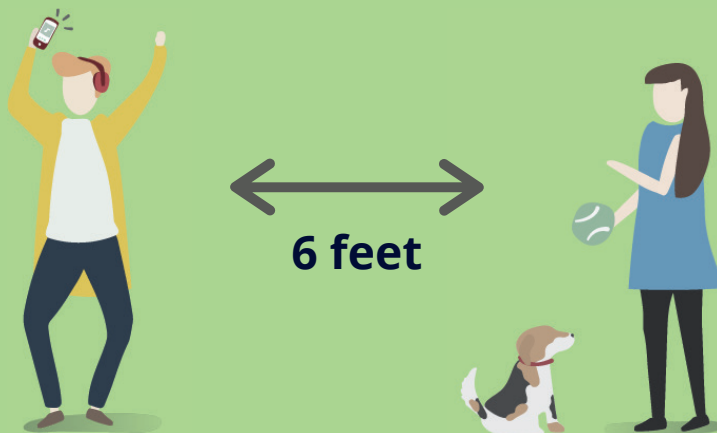
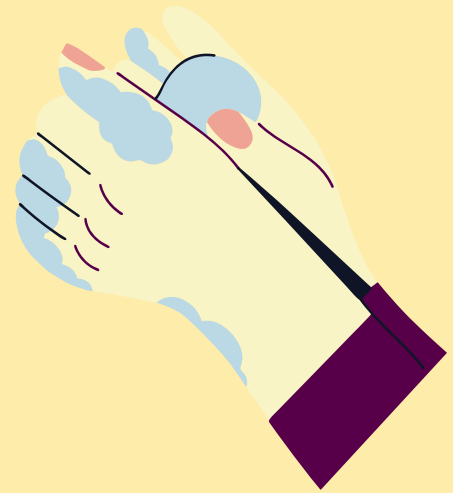
FREE COVID-19 TESTING SITES AND RESOURCES

免費的COVID-19測試站點和資源



WEAR A FACE  
COVERING!  
戴口罩!

WASH YOUR HANDS  
OR USE HAND SANITIZER!  
洗手或使用洗手液!



MAINTAIN 6 FT OF SOCIAL  
DISTANCING!  
保持6英尺的社交距離!



# Member Relations Department 會員關係部

## Member Relations Office Resume Walk-In Service by Appointment 會員關係部恢復已預約的面談服務

To ensure that members are safe and continue to practice social distancing, we will resume our services in stages. At this stage, our office will only provide walk-in services with an appointment.

Our office now provides services to members through various forms, including telephone, email, fax, and appointments for walk-in services. For those in need, please call **(415) 590-7418** during office hours Monday to Friday from 8:30am to 5:00pm for triage and appointment.

為確保會員安全並繼續保持社交距離，我們將分階段恢復服務。本辦事處現階段只接受已預約的面談服務。

我們的辦公室現在通過各種形式為會員提供服務，包括電話，電子郵件，傳真和已預約的面談服務。有需要之會員，請於辦公時間星期一至五上午8:30至下午5:00致電**(415) 590-7418**進行分流及預約。



### Address:

823 Jackson Street, San Francisco, CA 94133

### Office Hours 時間:

Mon to Fri 週一至週五  
8:30am – 5:00pm

**Hotline:** (415) 590 - 7418

**Toll Free Number:** (888) 227-2671

### Languages 語言:

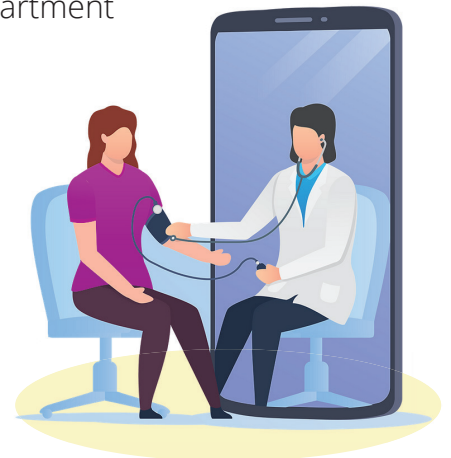
Cantonese 廣東話  
Mandarin 普通話

Toishanese 台山話  
English 英語

## Member Relations Department offers Doxy.me Tutorial Class 會員關係部提供Doxy.me使用教學班

Virtual care and telemedicine have become important tools in caring for your health. Doxy.me is a simple and convenience platform that many of our doctors are using to provide care to patients. You can see and talk to your doctor from the comfort and safety of your own home. If you are interested in learning how to use Doxy.me, please contact our Member Relations Department at (415) 590-7418 to join our Doxy.me tutorial class.

遠程醫療和虛擬護理已迅速成為保護您健康的重要工具。Doxy.me是一個簡單便捷的平台，我們的大多數醫生都在使用該平台與患者進行視頻通話。如果您有興趣了解如何使用Doxy.me，請致電（415）590-7418與會員關係部聯繫以安排Doxy.me的使用教學班。



## Initial Health Assessment (IHA) & Annual Wellness Exam (AWE)

### 初步健康評估及年度健康檢查

Initial Health Assessments are required to be completed for new members within 120 days of enrollment. Annual Wellness Exam is required for all subsequent members once a year. Brand New Day members will be rewarded with gift cards from \$25 - \$50 depending on the assessment tests. Act now and contact your Primary Care Physician to make appointment!

新會員必須在成為會員後的120天內完成初步健康評估。所有現有會員每年都需要進行一次年度健康檢查。新一天保健計劃會員完成指定的評估測試更可獲得\$25至\$50不等的禮品卡。立即行動，並與您的家庭醫生預約！

## COVID-19 Free Testing Sites

### 新冠疫情免費測試站點

Testing is currently available for any person living in San Francisco who has 1 symptom, or has been in close contact with a positive COVID-19 person. You do not need medical insurance to get tested. Photo ID is not needed. You may be asked to show photo ID, but you can say no. The process will take about 20 minutes. The results are available in 1 to 5 days.

居住於舊金山的人士帶有一種症狀或曾與確診COVID-19陽性人士接觸者都可以進行測試。您不需要醫療保險即可接受測試。亦不需要出示有照片的證件。您有可能會被要求出示帶照片的證件，但您可以拒絕。檢測過程大約需要20分鐘，結果可在1至5天內獲得。

#### CityTest SF - SoMa

**600 7th Street, San Francisco, CA**

Eligibility: Anyone living or working in SF.

No insurance required.

Hours: 8:30am-4:30pm M-F

#### City College Pop-up Test Site

**50 Frida Kahlo Way, HC-100**

Eligibility: No insurance required.

Hours: 7am to 7pm M-F

#### City Bay Urgent Care

**2131 Irving St, San Francisco, CA**

Eligibility: None. All major insurance Payers

Hours: 9am-9pm M-F, 8am-6pm Weekends

#### CityTest SF - Piers 30/32

**599 The Embarcadero, San Francisco, CA**

Eligibility: Anyone living or working in SF.

No insurance required.

Hours: 8am-6pm Every Day

#### Circle Medical - Downtown Clinic

**333 1st St, Suite A, San Francisco, CA**

Eligibility: None. All major insurance Payers

Hours: 8am-5pm M-F, 8am-2pm Weekends

Visit <https://sf.gov/find-out-how-get-tested-coronavirus> for more testing locations.

到訪<https://sf.gov/find-out-how-get-tested-coronavirus> 了解更多測試位置。

## SFUSD Summer Guide 夏季指南

In this Summer 2020 Resource Guide, SFUSD brings together resources and information to help families learn about summer opportunities. We encourage families to stay safe, stay healthy, stay active, and read!

在2020年夏季資源指南中，SFUSD匯集了資源和信息，以幫助家庭了解夏季的機會。我們鼓勵家人保持安全，保持健康，保持活力和讀書！

Visit/請訪問: <https://www.sfusd.edu/services/health-wellness/covid-19-coronavirus-resources-families-students/sfusd-summer-guide>





## **Pop-Up YKids - Early Childhood Programs 幼兒計劃**

YMCA offers childcare for families unable to provide childcare for their youth during this time. They are operating at several locations and accept children from 3 months to 14 years old. Please go to <https://www.ymcasf.org/pop-ykids-0> to learn more about 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](https://www.aamgdoctors.com/community-resources) 了解如何註冊該計劃

## **Virtual Group Exercise Classes and Adult Workshops**

YMCA is offering free virtual exercises classes like yoga, pilates, and zumba. Please visit <https://www.ymcasf.org/classes-schedule> to see what classes and workshops are being offered.

基督教青年會 (YMCA) 提供免費的虛擬練習課程，例如瑜伽，普拉提和尊巴舞。請訪問 <https://www.ymcasf.org/classes-schedule> 以查看正在提供哪些課程和講習班。

## **SF Marin Food Bank Pop-Up Pantries**



The SF Marin Food Bank distributes fresh produce, lean protein, grain, and shelf-stable items to anyone in need of food. They have launched pop-up pantries that are open to the public. Check their website at <https://www.sfmfoodbank.org/find-food/> for any ID or registration requirements as it varies by site.

SF Marin食物銀行向需要食物的任何人分發新鮮農產品，肉類，穀物和貨架穩定食品。他們已經推出了向公眾開放的彈出式食品儲藏室。請檢查其網站，請瀏覽網站 <https://www.sfmfoodbank.org/find-food/> 以了解不同站點的證件或註冊要求

### **Monday**

**SF Ballet, 9 am – 1 pm**

333 Fulton St, San Francisco, 94102

### **Tuesday**

**Mission High School, 9 am – 1 pm**

3750 18th St, San Francisco, 94114

### **Wednesday**

**Stonestown YMCA, 12 pm – 4 pm**

333 Eucalyptus Dr, San Francisco, 94132

### **Thursday**

**Bessie Carmichael Elementary, 9 am – 1 pm**

375 7th St, San Francisco, 94103

### **Friday**

**Cow Palace, 9 am – 1 pm**

Registration Required – Bring ID to register on location.  
2600 Geneva Ave, Daly City, 94014

### **Saturday**

**Minnie & Lovie Ward Rec Center, 9 am – 1 pm**

650 Capitol Ave, San Francisco, 94112

Please check their website for more locations. 請檢查其網站以獲取更多位置。 .

## **Home Delivered Groceries**



**(415) 282-1900 x287**



**HDG@sfmfoodbank.org**

If you experience challenges going out to get food, you may be able to receive home-delivered groceries.

**Who is eligible?** Currently available only in San Francisco to low-income seniors, age 60 and over, and adults with disabilities.

如果您在外出獲取食物時遇到挑戰，則可接受雜貨上門送運。

**誰有資格?** 目前僅在舊金山提供給60歲以上的低收入老年人和殘疾人士。

# How to Prepare for a Visit with Your Doctor During the COVID-19 Pandemic 疫情之下-看醫生前應如何準備

Office visits can be short (about 15 minutes long), so preparing can help you make the most of your time with your doctor. The following tips will give you an easy way to organize your feelings, questions and concerns before your visit.

由於與醫生見面時間可能比較短（大約15分鐘），因此提前做好準備工作可以幫助您充分利用與醫生的看診時間。以下的小提示能幫助您在見醫生之前輕鬆整理您的感受，問題和疑慮。



## Write down any questions you may have 看診前先寫下你的問題

### About your condition 有關您身體狀況的提問示範

What exactly are my symptoms?  
我的症狀到底是什麼？

What caused the disease or condition?  
是什麼引起了這種疾病或狀況？

How serious is it and how will it affect my home and work life?  
我的疾病或狀況有多嚴重，它會如何影響我的家庭和工作生活？

### About medicines 有關藥物的提問示範

Why do I need to take the medicine? What does it do?  
為什麼我需要吃這個藥？它有什麼作用？

Will this have any side effects and issues if I am taking other medicines?  
如果服用這種藥物的同時也正在服用其他藥物，會引起問題和副作用？

What if I forget to take my medicine?  
如果我忘記服藥，該怎麼辦？

### About other treatments 有關其他治療的提問示範

What do I need to do? How often?  
我需要做什麼？多頻繁？

How long will I need the treatment?  
我需要治療多長時間？

Does the treatment have any risks?  
治療有風險嗎？

## Give information about all your medications 提供您所有藥物的信息



Make a list or bring ALL your prescription drugs, over-the-counter medicines, vitamins, and herbal remedies or supplements with you to your appointment.  
列出藥物清單或攜帶所有處方藥，非處方藥，維生素，草藥或補充品與醫生會面。

Record your blood sugar or blood pressure results regularly and bring the log to your appointment.  
定期記錄您的血糖或血壓，並把日誌記錄帶給醫生看。

Keep a Log. Make sure to always write down the date, time, test results, medication and dose, and diet and exercise information.  
記錄日誌。請確保記錄日期，時間，測量結果，服用的藥物和劑量，以及飲食和運動信息。

Are you interested in learning about many different health topics like diabetes and nutrition?  
您有興趣學習各種不同的健康主題知識嗎，例如糖尿病和營養？

Go to [aamgdoctors.net/health-education](https://www.aamgdoctors.net/health-education) and sign up with your email address to join the Health Education Mailing List.

到訪網站[aamgdoctors.net/health-education](https://www.aamgdoctors.net/health-education)，並使用您的電子郵件地址進行註冊，即可加入“健康教育郵件列表”。

Join the Health Education Mailing List!  
加入健康教育郵件列表！

Sign up with your email address to receive updates on new events and resources!  
使用您的電子郵件地址進行註冊，即可第一時間接收最新的活動和資訊！

We respect your privacy. 我們尊重您的隱私。

Look for this box on the top of the page  
可在頁面頂部查找此框

# Managing Mental Health During COVID-19

## 關注疫情下的心理健康

As COVID-19 cases increase, shelter-in-place and social distancing orders can cause feelings of loneliness, anxiety, and depression. It is important to look after your mental health. How you feel can affect your well-being and your body's ability to fight the virus.

隨著新冠病毒確診病例的持續增加，以及受居家避疫、社交距離等非常時期政策的影響，容易使人感到孤獨，焦慮和沮喪。此時，學會管理自己的心理健康變得尤其重要。您的情緒不僅會影響您的生活質量，還會影響身體抵抗病毒的能力。



### Warning signs of mental stress 心理壓力的信號



Feelings of numbness, disbelief, anxiety or fear  
出現麻痺，多疑，焦慮或恐懼的感覺



Increased use of alcohol, tobacco, or other drugs  
增加酒精，煙草，或其他藥物的使用



Headaches, body pains, stomach problems  
頭痛、身體疼痛、胃部問題



Difficulty concentrating  
難以集中精神



Difficulty sleeping or frequent nightmares  
難以入睡或經常做惡夢



Changes in appetite  
飲食習慣發生改變



Low energy and activity levels  
體力不濟、活動能力減弱



Anger or short temper  
憤怒或脾氣暴躁



Worsening of chronic diseases  
慢性病惡化

### How to cope with stress 如何應對壓力



Exercise to increase "feel-good" hormones - commit at least 20-30 minutes daily  
運動能增加多巴胺 -- "感覺良好" 激素的分泌，每天至少鍛煉 20-30分鐘



Sleep at least 7-8 hours a day with good sleep hygiene  
每天至少睡7-8小時，保持良好睡眠衛生



Keep positive thoughts with deep breathing exercises  
深呼吸、保持積極的態度



Eat a well-balanced diet  
嘗試健康、營養均衡的飲食



Connect with others and avoid too much negative information  
與他人保持聯繫，避免過多收看負面信息



Get enough Vitamin D and sunlight exposure  
補充足夠的維生素D和日照時間

### Need help? 需要更多幫助?



If you or someone you care about are feeling overwhelmed or having thoughts of self-harm, call 911 or seek help by calling (interpreters available):

如果您或您所關心的人難以承受消極情緒或有自殘的想法，請致電911或致電以下機構尋求幫助（可提供語言翻譯）：

**Psychiatric Emergency Services 精神科急診服務**

**(628) 206-8125**

**Community Behavioral Health Services Hotline 社區行為健康服務熱線**

**(888) 246-3333**

**Asian Lifenet Hotline 全美亞裔生命熱線**

**(877) 990-8585**

**SF Suicide Prevention 三藩市預防自殺熱線**

**(415) 781-0500**

# JOIN OUR EVENTS!

## 加入我們的活動!

Open To All Ages! 向所有人開放!

### AAMG 2020 WRITING CONTEST 2020 美亞醫療集團寫作比賽



#### Writing Theme 寫作主題

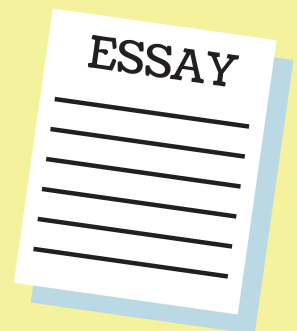
What Do You Look Forward to Doing After the Coronavirus Pandemic?  
在新冠病毒大流行之後，您期待做什麼?

**Prize 獎品:** THREE WINNERS! \$100 Gift Card for each Winner.  
三名優勝者! 每個優勝者可獲得100美元的禮品卡。

**Submission  
Deadline  
提交截止日期**  
September 30th  
9月30日

#### Guidelines 參加指引:

- Essay must be a **minimum of 500 words and maximum 1500**.  
文章必須最少500個字，最多1500個字。
- Must a typed writing piece in English or Chinese. 必須用英文或中文打字。
- Submit essay through our website at **AAMGDoctors.com/Events**  
通過我們的網站AAMGDoctors.com/Events提交作品文章
- Official guidelines and disclaimers can be found on submission page.  
官方指南和免責聲明可以在提交頁面上找到。



### Website Scavenger Hunt 網站尋寶遊戲

ANSWER 3 QUESTIONS USING OUR WEBSITE  
TO GET A CHANCE TO WIN \$100!  
使用我們的網站有機會贏取\$100!



#### How to Enter 輸入方式:

- Join this event at [AAMGDoctors.com/events](https://AAMGDoctors.com/events)!  
通過AAMGDoctors.com/events加入此活動!
- Look through our website to find the answers!  
瀏覽我們的網站以找到答案!

**Prize 獎品:** We will randomly select a winner for a \$100 gift card!  
我們將隨機選擇一名獲獎者，獲得價值100美元的禮品卡!



#### Guidelines 參加指引:

- Official guidelines and disclaimers can be found on submission page.  
官方指南和免責聲明可以在提交頁面上找到。

Hosted by:



Co- Hosted by:





# AAMG

美亞醫療集團

Prsrt Std  
U.S. Postage  
**PAID**  
San Francisco, CA  
Permit No. 925

## 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!**

 Website [AAMGDoctors.com](http://AAMGDoctors.com)  YouTube [Youtube.com/c/AAMGDoctors](https://Youtube.com/c/AAMGDoctors)  Facebook [Facebook.com/DoctorsAAMG](https://Facebook.com/DoctorsAAMG)

## WHAT IS YOUR FAVORITE RECIPE?

### 告訴我們您最喜歡的食譜?

**WIN  
\$50**

**Tell us your favorite, healthy recipe to get a chance to win a \$50 gift card! We will randomly pick one 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](http://AAMGDoctors.com/events) to submit your favorite recipe online!

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

**Check out [AAMGDoctors.com/events](http://AAMGDoctors.com/events) for more information!**

**瀏覽[AAMGDoctors.com/events](http://AAMGDoctors.com/events)查看如何參加比賽的指南。**

\*Disclaimer: Official guidelines and disclaimers can be found on the sweepstakes submission page. We reserve the right at its sole discretion to cancel the Sweepstakes at any time.

\*免責聲明: 官方指南和免責聲明可在抽獎提交頁面上找到。我們保留自行決定隨時取消抽獎活動的權利。