

2024

Q1

JAN - MAR

第一季 | 一月至三月

COMMUNITY

Health News

社區健康資訊





HAPPY NEW YEAR!

As we welcome 2024, we are excited to continue supporting your health and well-being. Embracing a new year offers a fresh opportunity to focus on maintaining and enhancing your physical and mental health.

Celebrating a Healthy Start to 2024:

Embrace Wellness: Begin by setting realistic health goals. Whether it's incorporating more physical activity into your daily routine or prioritizing mental well-being through mindfulness practices, every small step counts.

Balanced Nutrition: A balanced diet plays a crucial role in maintaining good health. Add more fruits, vegetables, and whole grains to your diet, and stay hydrated.

Regular Exercise: Regular physical activity can significantly improve your health. Find an activity you enjoy, be it walking, swimming, or yoga, and make it a part of your routine.

Stress Management: Remember to take time for yourself. Activities like reading, meditating, or simply taking a quiet walk can help manage stress levels.

Quality Sleep: Ensure you get enough rest. Quality sleep is essential for good health and well-being.

Vaccinations: As recommended by your healthcare provider, don't forget to get your flu, COVID-19, and RSV vaccines. These are crucial in preventing severe illness. Your CCHP and Balance plans cover these important vaccines. You can obtain them through your doctor's office or from an in-network pharmacy without prior authorization.

Here's to a healthy, happy, and prosperous 2024! Let's make this year one of personal growth and good health.

新年快樂！

在迎接 2024 年之際，我們很高興能夠繼續為您的身心健康提供支持。迎接新的一年提供了一個新機會來保持或增強大家的身心健康。

慶祝 2024 年健康開始：

擁抱健康：先設定實際的健康目標。無論是將更多的運動納入您的日常生活，還是透過心靈練習優先調理心理健康，每個小步驟都十分重要。

均衡營養：均衡飲食對維持身體健康非常重要。在飲食中添加更多水果、蔬菜及全穀物，並保持充足水分。

定期運動：定期進行運動可以顯著改善您的健康。找一項您喜歡的活動，無論是散步、游泳還是瑜伽，使其成為您日常生活的一部分。

壓力管理：記得留些時間給自己。閱讀、冥想或慢步等活動可助減壓。

優質睡眠：確保充足休息，優質睡眠對於身體健康及幸福是基本要素。

疫苗接種：按照您的醫生建議，不要忘記接種流感、COVID-19 及 RSV 疫苗。這些對於預防嚴重疾病至關重要。您的 CCHP 及 Balance 計劃涵蓋這些重要疫苗。您無需事先授權，可以直接前往您的醫務所或聯網藥房接種。

祝您 2024 年身體健康、笑口常開、家家興旺！讓今年成為大家一同成長及健康的一年。





Mpox

Mpox, previously known as monkeypox, belongs to the family of viruses that cause smallpox. The first Mpox human case was recorded in 1970. Mpox can infect anyone, and its transmission is primarily linked to behaviors rather than communities or identities. Symptoms include rash, fever, and respiratory problems. Contrary to common misconceptions, Mpox can be transmitted through various close-contact means beyond sexual activity. Prevention involves hygiene practices, avoiding contact with infected individuals, and considering the two-dose, free vaccine. The City and County of San Francisco recommends the Mpox vaccine for individuals with known exposure, occupational risks, HIV, men who have sex with men, sex workers, recent STD diagnosis, and those expecting these risks. You should get the second one 28 days after the first dose.

In case of exposure, it is crucial to monitor symptoms, seek vaccination, and undergo testing. Follow healthcare guidance if test result is positive, isolate, cover rashes, maintain hygiene, and notify contacts. Recovery typically takes 2-4 weeks, with pain relief options. Tecovirimat is available for high-risk individuals.

猴痘

Mpox，以前稱為猴痘，屬於引起天花的病毒家族。第一宗 Mpox 人類病例記錄發生在 1970 年。Mpox 可以感染任何人，其傳播主要與行為有關，而非社區或身份。症狀包括皮疹、發燒及呼吸系統問題。與常見的誤解相反，Mpox 可以透過性活動以外的各種密切接觸方式傳播。預防方法包括衛生習慣、避免與感染者接觸，及考慮接種 2 劑免費疫苗。三藩市及縣建議有已知接觸史、職業風險、感染愛滋病毒、男同性行為者、性工作者、最近診斷出性傳染病，及預計面臨這些風險的人士接種 Mpox 疫苗。大家應該在接種第一劑後 28 天接種第二劑。

如果暴露在 Mpox 接觸風險，監測症狀、尋求疫苗接種，及接受檢測十分重要。如果檢測結果呈陽性，請遵循醫生指導、隔離、遮蓋皮疹、保持衛生並通知所有接觸者。恢復通常需要 2 至 4 星期，並有緩解疼痛的選擇，Tecovirimat 可適用於高危人士。

Colorectal cancer

Do you know that Colorectal cancer is the 2nd major cause of cancer deaths in the US that can start as harmless growths? Colorectal cancer affects the large intestine or colon and is caused by abnormal cell growth. Getting older, family history, and unhealthy habits such as eating fatty foods, drinking too much alcohol, smoking, and not exercising enough can increase the chances of developing this cancer. Signs include changes in stool, blood in stool, feeling tired, stomach aches, and losing weight. To help prevent it, eat vegetables, stay active, control weight, limit alcohol, and avoid smoking. Aspirin and hormones might lower the risk.

Tests to check for it include stool tests, tube checks, or taking images of the intestine. Regular checkups help with early screening. Screening options for those 45+ include yearly fecal occult blood test (FOBT) or fecal immunochemical test (FIT), flexible sigmoidoscopy every 5 years, and colonoscopy every 10 years. Early cancer often needs surgery, while advanced cases might require chemotherapy or radiation.

大腸癌

您是否知道大腸癌是美國癌症死亡的第二大原因，而且最初可能是良性腫瘤？大腸癌影響大腸或結腸，是由異常細胞生長引起的。隨著年齡增長、家族史及不良習慣，如進食高脂肪食物、飲酒過量、吸煙及運動不足，都可以增加這種癌症的機會。症狀包括糞便變化、血便、感覺疲倦、胃痛及體重無故下降。多吃蔬菜、保持活躍、控制體重、限制飲酒及避免吸煙可幫助預防大腸癌。服用阿斯匹靈及荷爾蒙可能會降低大腸癌風險。

檢測方法包括糞便測試、內窺鏡或拍攝腸道影像。定期檢查有助於早期發現。45 歲以上人士的檢測選擇包括每年進行一次糞便隱血試驗 (FOBT) 或糞便免疫化學試驗 (FIT)、每 5 年進行一次柔性乙狀結腸鏡檢查，及每 10 年進行一次大腸鏡檢查。早期癌症通常需要手術，而晚期病例可能需要化療或放射治療。



TIPS for SUCCESS: How to Manage Blood Pressure

EAT SMART: Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins like fish and seafood. Limit sugary foods and drink, red or processed meats, salty foods, Refined carbohydrates and highly processed foods.

MOVE MORE: Physical activity helps control blood pressure, weight and stress levels.

MANAGE WEIGHT: When overweight, even the slightest weight loss can help reduce high blood pressure.

NO NICOTINE: Every time you smoke, vape, or use any tobacco, the nicotine can cause a temporary increase in blood pressure.

GOOD SLEEP: Short sleep (less than 7 hours) and poor-quality sleep are associated with high blood pressure.

成功秘訣：如何管理血壓

精明飲食：實行健康飲食包括進食蔬菜、生果、全穀物、豆類、豆莢、堅果、植物性蛋白質、瘦動物性蛋白質（如魚及海鮮）。限制吸收含糖食物及飲品、紅肉或加工肉類、鹹味食物、精製碳水化合物及加工食品。

常做運動：運動有助控制血壓、體重及減壓。

管理體重：超重時，即使些微的體重減輕也能幫助減低高血壓。

向尼古丁說不：每次吸煙、電子煙或使用任何煙草產品，尼古丁都會導致血壓暫時升高。

良好睡眠：睡眠不足（少於7小時）及睡眠質素差可導致高血壓。

BLOOD PRESSURE CATEGORY 血壓類別	SYSTOLIC MM HG (UPPER #) 收縮壓 毫米水銀柱(上壓 #)	DIASTOLIC MM HG (LOWER #) 舒張壓 毫米水銀柱(下壓 #)
Normal 普通	Lower than 低於 120	and 及 Lower than 低於 80
Elevated Blood Pressure 血壓偏高	120 – 129	and 及 80
High Blood Pressure (Hypertension) Stage 1 第一期高血壓	130 – 139	or 或 80-89
High Blood Pressure (Hypertension) Stage 2 第二期高血壓	140 or Higher 或以上	or 或 90 or Higher 或以上
Hypertensive Crisis (Consult your doctor immediately) 高血壓危機(立即求醫)	Higher than 高於 180	and 及 / or 或 Higher than 高於 120

Ref: American Heart Association | 參考: 美國心臟協會
<https://www.heart.org/en/healthy-living/healthy-lifestyle/lifes-essential-8/how-to-manage-blood-pressure-fact-sheet>

CCHRC Resource | 華人社區健康資源中心資源
 Hypertension 高血壓 - CCHRC (cchrchealth.org)

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。

Health, Wellness, Fitness and Educational Class Schedule

2024 Q1
JAN - MAR

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	1/11/2024	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
	1/23/2024	Tue	1:00pm	2:30pm	•			Stroke Prevention	<ul style="list-style-type: none"> Types of stroke Warning signs and risk factors of stroke Prevention and treatment of stroke
	2/15/2024	Thur	1:00pm	2:30pm	•			Depression	<ul style="list-style-type: none"> What is depression Causes, symptoms and treatment of depression
	2/27/2024	Tue	1:00pm	2:30pm	•			COPD	<ul style="list-style-type: none"> What is COPD? Medications and self-care
	3/14/2024	Thur	1:00pm	2:30pm	•			Insomnia	<ul style="list-style-type: none"> What is insomnia? Causes, symptoms and treatment of insomnia
	3/26/2024	Tue	1:00pm	2:30pm	•			Colorectal Cancer	<ul style="list-style-type: none"> Risk factors for colorectal cancer Ways to reduce colorectal cancer risks Colorectal cancer screening methods

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. 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 is required and masking is highly recommended.

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

健康講座及健身課程時間表

2024年 第一季
一月至三月

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	1/11/2024	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 	
	1/23/2024	星期二	10:00am	11:30am		•	預防中風	<ul style="list-style-type: none"> 中風的類型 中風的警告訊號及危險因素 中風的預防及治療 	
	2/15/2024	星期四	10:00am	11:30am		•	抑鬱症	<ul style="list-style-type: none"> 什麼是抑鬱症 抑鬱症的原因, 症狀及治療方法 	
	2/27/2024	星期二	10:00am	11:30am		•	支氣管炎 和肺氣腫	<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 	
	3/14/2024	星期四	10:00am	11:30am		•	失眠症	<ul style="list-style-type: none"> 什麼是失眠症 失眠症的原因, 症狀及治療方法 	
	3/26/2024	星期二	10:00am	11:30am		•	大腸癌	<ul style="list-style-type: none"> 引起大腸癌的因素 如何減低患大腸癌的機會 大腸癌的檢查方法 	
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及強烈建議配戴口罩。

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



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	1/8, 1/22, 1/29 2/5, 2/12, 2/26 3/4, 3/11, 3/18	星期一	11:00am	12:00pm	•	•	•	太極 (各級)	學習這門有百年歷史的古老武術，練習一系列優雅的招式步法，可以使您強健身心。
	1/12, 1/19, 1/26 2/2, 2/9, 2/16, 2/23 3/1, 3/8, 3/15, 3/22	星期五	9:15am	10:15am	•	•	•	氣功 (各級)	八段錦由八節動作組成。側重舒展肢體，進而強健關節及自身免疫系統。特點為體勢動作輕柔舒緩，古樸高雅，剛柔並濟，動靜結合。五禽戲是一種中國導引術（傳統健身方法），由五種模仿動物的動作組成，有助於調理筋脈運行。
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 及強烈建議 配戴口罩	1/12, 1/19, 1/26 2/2, 2/9, 2/16, 2/23 3/1, 3/8, 3/15, 3/22	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。

FITNESS CLASSES

FREE TO CCHP MEMBERS

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



LOCATION	DATE	DAY	TIME		LANGUAGE			CLASS	LEARNING OBJECTIVES
			START	END	E	C	M		
ONLINE VIDEO VISIT 1-415-677-2458	1/8, 1/22, 1/29, 2/5, 2/12, 2/26, 3/4, 3/11, 3/18	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.
	1/12, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23, 3/1, 3/8, 3/15, 3/22	Fri	9:15am	10:15am	•	•	•	QiGong (All Level)	Strengthen joints and the immune system through the gentle, slow, elegant, smooth movements, balanced with relaxation and quietness. The imitation of the postures and movements of wild creatures improve the flexibility of the body and limbs and the motility of the muscles and bones.
IN-PERSON CLASS CHINATOWN YMCA 1-415-677-2458 Proof of vaccination is required & masking is highly recommended.	1/12, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23, 3/1, 3/8, 3/15, 3/22	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.

BALANCING WESTERN MEDICINE WITH EASTERN REMEDIES

東方中醫療法與西藥的平衡



Traditional Chinese Medicine and the Start of Winter

During Li Dong, the winter season in Traditional Chinese Medicine (TCM), it's vital to nourish the kidneys and conserve energy.

Focus on warm, cooked foods like soups, root vegetables and grains. Bone broth and herbal teas are beneficial, especially those with ginger and ginseng. Prioritize rest, sleep early and wake up later to align with winter's rhythms. Engage in gentle exercises like tai chi, dress warmly and protect vulnerable areas from cold. Avoid excessive activities and conserve energy. These practices support kidney health, energy balance and promotion of overall well-being during Li Dong.

This is a general guideline. Consider acupuncture and/or herbal remedies under the guidance of a licensed TCM practitioner.

Article provided by Kenneth Lau, L.Ac., Licensed Acupuncturist at Chinese Hospital East West Health Services.

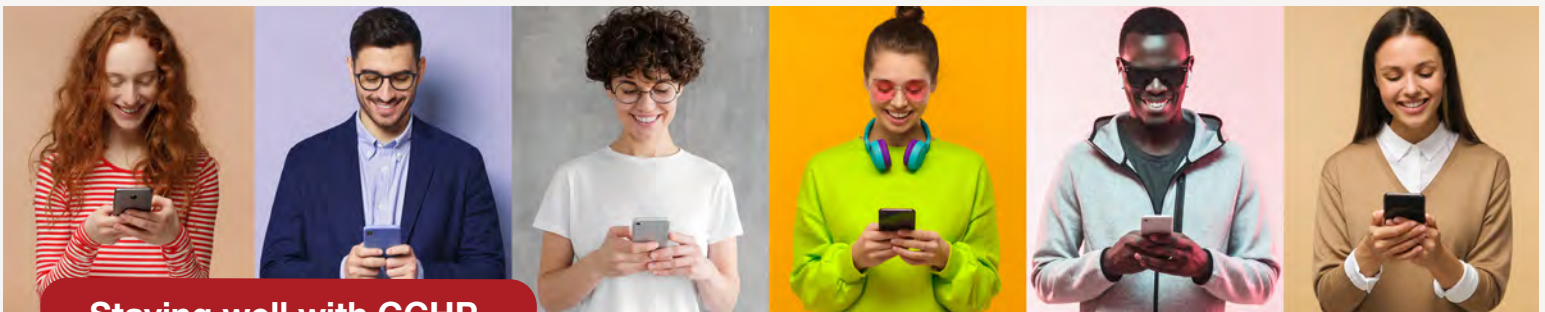
中醫與立冬

在冬季期間，中醫角度認為補腎養氣至緊要。

多吃溫熱的熟食，如湯水、根莖類蔬菜及穀物。骨湯及草本茶對身體有益，尤其是薑茶及參茶。優先考慮休息，早睡晚起可以適應冬季的節奏。耍太極拳等較輕鬆運動，穿著保暖衣服並保護脆弱部位為免暴露於空氣中。避免過度操勞，節省體力。這些方法在冬季期間可以保腎、平衡身體能量，並促進整體健康。

以上是一般參考，建議在持牌中醫師的指導下進行針灸及/或草藥治療。

資料由東華醫院中西醫學門診 - 劉治平針灸中醫師提供。



**Staying well with CCHP
and Balance is now just
a text away.**

只需一則短訊，即可與
我們保持緊密聯繫。

CCHP and Balance are excited to announce our new mobile texting program with our trusted partner **mPulse Mobile**. Receiving crucial health plan updates is now more convenient than ever.

CCHP 及 Balance 計劃現與值得大家信賴的合作夥伴 **mPulse Mobile** 推出嶄新手機短訊計劃。接收健康計劃更新資訊將會變得無比方便。

We will text you from | 您的短訊會顯示此號碼 | 1-341-213-0033

EAT WELL, LIVE WELL RECIPE

東華醫院註冊營養師健康美食推介食譜



Sticky Rice Pork Balls

Ingredients (Serving 2, Serving size 3):

1/2 cup sticky rice	4 ounces ground pork
1 egg	2 tablespoons cornstarch
1 (1 inch) piece fresh ginger, minced	1 tablespoon unsalted pork/chicken stock, or as needed
2 teaspoons light soy sauce	1/4 cup water, or as needed
1/4 tsp salt	1 teaspoon dried goji berries (wolfberries), or to taste

Instructions:

1. Rinse sticky rice and place in a bowl; cover with water. Soak rice for at least 3 hours. Drain. (Tips: soak sticky rice the night before to save time)
2. Beat egg in a large bowl; mix in ginger, soy sauce, and salt. Add pork, cornstarch, and pork stock; stir in one direction until mixed (5 to 6 minutes). Roll pork mixture into bite-size balls.
3. Pour enough water into the bottom of a wok to cover by about 1 inch; bring to a simmer.
4. Roll pork balls in sticky rice until they are coated completely. Place 6 balls in a steamer basket.
5. Place steamer in the wok and steam until pork is cooked through and rice is tender, about 30 minutes. Remove balls and garnish with goji berries.

Source of recipe and photo: [allrecipes.com](https://www.allrecipes.com/recipe/257509/sticky-rice-pork-balls/)
<https://www.allrecipes.com/recipe/257509/sticky-rice-pork-balls/>

Nutritional Information Provided by Chinese Hospital Registered Dietitian.

珍珠丸子

材料 (3人份量) :

糯米 半杯	鷹粟粉 2 湯匙
雞蛋 1 隻	無鹽豬肉或清雞湯 1 湯匙， 或根據需要
豬絞肉 4 安士	水 1/4 杯，或根據需要
新鮮姜 (約1寸長) 切碎	枸杞干 (枸杞) 1 茶匙，或調味
低鹽豉油 2 茶匙	
鹽 1/4 茶匙	

做法：

1. 沖洗糯米，放入碗中。用清水浸糯米至少 3 小時。瀝乾備用。(小貼士：可前一晚可浸糯米以節省時間)
2. 將豬肉、薑末、雞蛋、豉油、鹽、鷹粟粉及豬肉或雞湯，按順序放入一個大碗中，沿同一方向攪拌直至混合，需約 5-6 分鐘。將豬肉混合物捲成一吋大小的球，約 6 粒。
3. 將肉丸表面均勻沾上糯米。
4. 肉丸放入盤內，表面洒上枸杞，放入蒸籠。
5. 蒸籠加入水，水滾後開始蒸 20 分鐘，共約 30 分鐘。

食譜及相片來源: [allrecipes.com](https://www.allrecipes.com/recipe/257509/sticky-rice-pork-balls/)
<https://www.allrecipes.com/recipe/257509/sticky-rice-pork-balls/>

營養資料由東華醫院註冊營養師提供。

Nutrition information per serving 每份材料含以下營養：

Calories 卡路里：629 kcal	Sodium 鈉 (鹽)：483 mg
Protein 蛋白質：46.5 g	Dietary Fiber 食用纖維：2 g
Fat 脂肪：34.7 g	Potassium 鉀：229g
Cholesterol 膽固醇：243 mg	
Carbohydrates 碳水化合物：30 g	

Software 分析軟件：Nutritionist Pro



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CCHP Balance Ambassador Hotline | CCHP Balance 大使熱線：
1-888-681-3888 (TTY 1-877-681-8898) | Email 電郵: sales@cchphealthplan.com
7 days a week from 8 a.m. to 8 p.m. 每週7天，上午8時至晚上8時



Chinese Hospital Pharmacy Refill Ordering | 東華醫院藥房藥物處方藥續配

3 WAYS TO ORDER YOUR PRESCRIPTION REFILLS:

1

Call automated line
@ 415-677-2430 (SF)
or 650-761-3560 (Daly City)
to enter your prescription
number

2

Talk to a live person
by calling 415-677-2430 (SF)
or 650-761-3560 (Daly City)

3

**Order your prescription
refills in person at the
pharmacy**

您可以使用以下 3 種方式來續配處方藥：

1

致電自動配藥熱線
@ 415-677-2430 (三藩市)
或 650-761-3560 (帝利市)，
輸入您的處方單號碼。

2

直接致電東華醫院藥房訂購
@ 415-677-2430 (三藩市)
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3

親自前往東華醫院藥房訂購。

Note:

- Please allow a 24-hour processing time if prescription refill is ordered via our automated system.
- In the event your prescription is out of refills, pharmacy will gladly contact your doctor for a new prescription. Please always allow your doctor at least 2-3 business days to respond.
- Place refill orders at least a week prior to running out.

請注意以下事項：

- 如果透過自動配藥熱線申請續配處方藥，一般處理時間需要 24 小時。
- 若您的處方藥物已用完，東華醫院藥房將協助聯絡您的醫生，以協助您獲得新的處方藥單。一般程序通常需要 2-3 個工作天。
- 建議在用完前提前至少 1 週訂購。



RX # 5080055

*RX#: Prescription Number
處方藥單號碼



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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1-888-775-7888，電郵 Info@CCHPHealthPlan.com 或上網瀏覽：
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IMPORTANT CONTACTS
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CCHP Member Services
CCHP 會員服務

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CCHP 會員服務中心 - 華埠
890 Jackson St, 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.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 - Chinatown/Financial District 1-415-795-8100
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 - Excelsior 1-628-228-2280
中西醫學門診 - 外米慎區
888 Paris St, #202, San Francisco
www.chewhs.org

East West Health Services - Daly City 1-650-761-3542
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www.chewhs.org