

2024

Q4

OCT - DEC

第四季 | 十月至十二月

COMMUNITY

Health News

社區健康資訊



SEASON'S MESSAGE

本季資訊



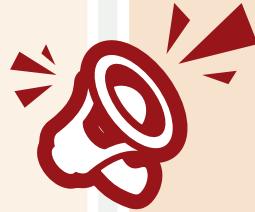
As we enter the final quarter of 2024, we hope this newsletter finds you well. This time of year is crucial for health plan renewal. Whether you are on Medicare or have an individual or family health plan, updating your coverage is essential to avoid gaps, adapt to changing needs, and take advantage of new benefits.

各位好！**2024年轉眼間就快結束**。希望大家收到這封通訊時都身體健康。每年到了這個時候，更新健康保險計劃是非常重要的。不論您是參加聯邦保健還是個人或家庭計劃，定期更新您的保單可以避免保障不足、適應不斷轉變的需要，還能享受新福利。

IMPORTANT DATES:

**Medicare Open Enrollment:
October 15th - December 7th**

**Individual & Family Plans
Open Enrollment:
November 1st - January 31st**



重要日期：

**聯邦保健開放登記期：
10月15日至12月7日**

**個人及家庭計畫開放登記期：
11月1日至1月31日**

Mark these dates and review your plan to ensure continuous coverage. If you have questions about your health plan renewal or need assistance, CCHP & Balance is always here to support you.

Exciting News! CCHP Medicare Advantage Plans are expanding to be available for residents in Alameda County starting in 2025! This expansion ensures that more individuals in the area can access the quality care they need.

As we approach the new year, it's also important to focus on your health. Boost your immunity with a flu shot, a vitamin-rich diet, and staying hydrated. Stay active with indoor exercises, dress warmly, practice good hygiene, and manage stress to enjoy a healthy holiday season.

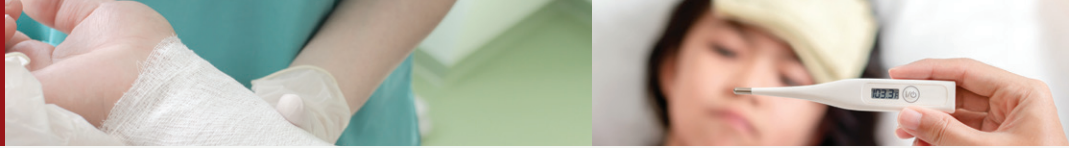
Contact us anytime. Together, let's make sure you are prepared for a healthy and fulfilling end to 2024.

記得把這些日期記下來，好好檢查您的保單，確保您的保障沒有缺漏。如果您對續保有問題或需要協助，CCHP 及 Balance 的團隊隨時為您服務。

好消息！ CCHP 聯邦保健優惠計劃將從 2025 年開始擴展至阿拉米達縣的居民！這代表更多人在該地區可以獲得所需的優質醫療服務。

迎接新年，最緊要健健康康。 接種流感疫苗、進食富含維他命的食物、保持水分充足，可以增強您的免疫力。進行室內運動、穿暖衣、保持良好的衛生習慣、並管理壓力，就可以能夠開開心心過冬。

有任何問題，隨時聯絡我們。讓我們一起一齊迎接健康又充實嘅新一年！



Advice Nurse Line, Urgent Care or Emergency Room?

When choosing between emergency care and urgent care when your doctor is unavailable, ask yourself: Is this injury or illness life-threatening or life-altering? If the answer is yes, go immediately to the emergency room. If the answer is no, call the 24-hour Nurse Advice Line or go to the closest urgent care facility.

Knowing the right place to go for medical care can save time, reduce stress, and ensure you receive the appropriate treatment. When in doubt, the Nurse Advice Line is an excellent starting point for advice and direction.

For CCHP & Balance members:

24-HOUR NURSE ADVICE LINE 24小時護士諮詢專線

If you need advice and your physician is not available, you can call the **CCHP Nurse Advice Line** at **1-888-243-8310** available 24 hours a day, seven days a week—including weekends and holidays. A nurse will call you back within 30 minutes if you leave a voicemail.

Your call will be answered by a registered nurse who is fluent in both English and Cantonese. For other languages, an interpreter service will be used.

Our nurses will help answer your health questions and advise on whether you should go to urgent care or the emergency room or if you can wait to make an appointment with your doctor.

如果您未能聯絡您的醫生，但您需要醫療諮詢，您可以致電**CCHP護士諮詢專線：1-888-243-8310**，每週7天，每天24小時提供服務 - 包括週末和假期。

您的電話會由一位能說流利的英語和廣東話的註冊護士來接聽。對於其他語言，我們會提供翻譯服務。

我們的護士將幫助回答您的健康問題，並告知您是否應該接受急診護理或到急症室，或者是否可以等待約見您的醫生。

URGENT CARE 急診護理中心

If you are unable to reach your doctor during after hours, on a weekend or a holiday, please consider going to a nearby **Urgent Care Center** for symptoms such as:

- Flu
- Common cold
- Cough
- Sore throat
- Fever
- Vomiting
- Diarrhea
- Abdominal pain
- Minor burns, cuts & abrasions
- Simple broken bones

During normal office hours, please call your doctor for an appointment if you are experiencing these symptoms.

No appointment or prior authorization is necessary.

如果在醫生診所關門後無法聯絡您的醫生，或週末及假期時出現以下症狀，請考慮前往附近的**急診護理中心**：

- 流感
- 普通感冒
- 咳嗽
- 喉嚨痛
- 發燒
- 嘔吐
- 腹瀉
- 腹痛
- 輕微燒傷
- 割傷和擦傷
- 普通的骨折

如果您在醫生診所正常辦公時間有這些症狀，請致電約見您的醫生。

此服務不需要預約或事先授權。

致電護士諮詢專線、前往急診護理中心或急症室？

遇到緊急情況，真的不知道該怎麼辦！您可以問問自己：這個病或者傷害會否危及生命或者影響我一生？如果答案是肯定的，請立即前往急症室。如果答案是否定的，請致電24小時護士諮詢專線或前往最近的急診護理中心。

選擇正確的醫療地點，可以省時間、減輕壓力，還能確保適當的治療。如果不確定要去哪裡，打個電話給護士諮詢專線問問就知道了！

對於 CCHP 及 Balance 會員：

EMERGENCY 急症室

If you consider your condition an emergency:

- Chest pain
- Shortness of breath
- Stroke
- Unconsciousness
- Head injury
- And other conditions your doctor has discussed with you

Go to the **emergency room** at Chinese Hospital or the nearest emergency room.

In an emergency, you may **call 9-1-1** or call directly to the dispatcher at AMR ambulance at 1-800-913-9197; or King-American ambulance 1-415-931-1400.

You can also tell the ambulance driver to take you to Chinese Hospital emergency room where you are more comfortable.

如果您認為您的情況緊急：

- 胸部疼痛
- 呼吸困難
- 中風
- 意識不清
- 頭部受傷
- 出現醫生與您討論過的其他病況

請到東華醫院的**急症室**或最近的急症室。

在緊急情況下，您可撥打**9-1-1**或直接致電**AMR**救護車服務的接線員，電話號碼：**1-800-913-9197**；或**King-American ambulance**：**1-415-931-1400**。

您也可要求救護車人員送往到您覺得比較自在的東華醫院急診室。



Salmonella

Did you know that one of the most common causes of food poisoning is a bacteria called Salmonella? Salmonella is an infection that enters and harms the cells in your stomach, making it harder for your body to absorb water and causing stomach pain.

You can get the bacteria by eating raw or undercooked proteins, spoiled vegetables and fruits, or by drinking expired and contaminated fluids. You can also contract the bacteria by touching someone or an animal who is already infected and then not washing your hands before eating.

Symptoms include:

- Diarrhea
- Nausea and vomiting
- Headache
- Stomach pain or cramps
- Fever

The infection typically resolves on its own within a few hours to days. Remember to drink plenty of water and get some rest. Also, it's very important to always wash your hands, especially when preparing food and eating meals.

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.

沙門氏菌

你知道食物中最常見的細菌之一是沙門氏菌嗎？沙門氏菌可以進入你的胃部並損壞你胃部的細胞。這會使你的身體更難吸收水分從而可能會導致胃痛。

你可能通過食用生的或未煮熟的蛋白質，變質的蔬菜和水果，或者喝過期和污染的液體從而感染這種細菌。你也可能通過接觸已感染的人或動物從而感染這種細菌，然後如果你不洗手，就會把細菌傳到嘴裡。

症狀包括：

- 腹瀉
- 噁心或嘔吐
- 頭痛
- 胃痛或抽筋
- 發燒

這種細菌通常會需要幾個小時到幾天的時間來自行消失。記得多喝水和好好休息。別忘了，保持手部清潔是非常重要的，尤其是在你準備食物和用餐時。

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。

6 FACTS about Breast Cancer ALL Should Know

認識有關乳癌的 6 個事實

FACT # 1: Earlier diagnosis means a better prognosis.

The most important step is – speaking with your doctor to know your risk.

FACT # 2: Screening can begin at age 40.

It is important to practice Breast Self-Awareness even before you are 40.

FACT # 3: For people with high risk, screening should be done early. High risk includes:

- Personal history of breast cancer.
- Have a known BRCA1 or BRCA2 gene mutation (through a genetic test).
- Had radiation therapy to the chest when they were between 10 and 30 years old.

FACT # 4: A full mastectomy is not the only treatment for Breast Cancer.

FACT # 5: Breast cancer does not just affect women.

According to the American Cancer Society, for men, the lifetime risk of getting breast cancer is about 1 in 833.

FACT # 6: Lower your risk of breast cancer, with Regular Screening. Other ways to lower your risk are:

- Maintain a healthy weight.
- Exercise regularly.
- Reduce alcohol consumption.



事實 1: 診斷時間越早越好。

最重要是諮詢您的醫生以了解有關風險。

事實 2: 檢查可以從 40 歲開始進行。

即使在 40 歲前，練習自我檢查乳房的意識也很重要。

事實 3: 高危人士應及早進行檢查。高風險人士包括：

- 個人或家族乳癌歷史。
- 已知存在 BRCA1 或 BRCA2 基因突變 (透過基因測試)。
- 在 10 至 30 歲之間接受過胸部放射治療。

事實 4: 全乳房切除術並不是乳癌的唯一治療方法。

事實 5: 乳癌不僅影響女性

根據美國癌症協會數據，男性終生患乳癌的風險約為 833 分之 1。

事實 6: 透過定期檢查可以降低患乳腺癌的風險。

降低風險的方法包括：

- 保持健康體重
- 經常運動
- 少飲酒

www.cchrhealth.org/cancer-education-materials

Source: 資料來源: 6 Facts Everyone Should Know About Breast Cancer (nyp.org)



ONLINE CLASS - BREAST CANCER AWARENESS
ENGLISH | 10/15/2024 | TUE | 10AM - 11AM

認識乳癌網上課程

粵語 | 10/15/2024 | 星期二 | 1PM - 2PM

Join Zoom Meeting 鏈結:

<https://us02web.zoom.us/j/64964448624>

Meeting ID 會議號碼: 649 644 8624

Dial by Location 撥打: +1 669 900 6833

Stay connected: <http://www.cchrhealth.org> and join our WeChat group to be among the first to hear about and participate in future CCHRC health education programs!

保持聯繫: <http://www.cchrhealth.org> 並加入我們的微信群組，成為首批參加CCHRC在將來舉辦健康教育計劃的一份子！

Health, Wellness, Fitness and Educational Class Schedule

2024 Q4
OCT - DEC

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	10/10/2024	Thur	1:00pm	2:30pm	•			Osteoporosis	<ul style="list-style-type: none"> • What is osteoporosis? • How to prevent and treat osteoporosis?
	10/22/2024	Tue	1:00pm	2:30pm	•			Arthritis/Pain Management	<ul style="list-style-type: none"> • What is arthritis? • Management of arthritis • Common causes of pain • How to prevent and manage pain?
	11/7/2024	Thur	1:00pm	2:30pm	•			Infection Control	<ul style="list-style-type: none"> • Common diseases, halting transmission, personal hygiene
	11/19/2024	Tue	1:00pm	2:30pm	•			Digestive Health	<ul style="list-style-type: none"> • Common issues, prevention, treatment of digestive problems
	12/5/2024	Thur	1:00pm	2:30pm	•			Grief and Bereavement	<ul style="list-style-type: none"> • What is grief and bereavement? • Common emotions and behaviors • How to help someone who is grieving?
	12/17/2024	Tue	1:00pm	2:30pm	•			Medication Safety	<ul style="list-style-type: none"> • Understanding prescriptions, safety, dos and don'ts
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 members and Chinese Community 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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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

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 1-415-677-2458	10/7, 10/21, 11/4, 11/11, 11/18, 11/25, 12/2, 12/9, 12/16	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.
IN-PERSON CLASS CHINATOWN YMCA 1-415-677-2458 Proof of vaccination is required & masking is highly recommended.	10/11, 10/18, 10/25, 11/1, 11/8, 11/15, 11/22, 11/29 12/6, 12/13, 12/20	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.

健康講座及健身課程時間表

2024年 第四季
十月至十二月

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	10/10/2024	星期四	10:00am	11:30am		•		骨質疏鬆症 • 甚麼是骨質疏鬆症? • 如何預防和治療骨質疏鬆症	
	10/22/2024	星期二	10:00am	11:30am		•		關節炎教育/處理疼痛 • 甚麼是關節炎? • 怎樣料理關節炎? • 疼痛的常見原因 • 如何預防和管理疼痛? • 藥物治療和自我護理方法	
	11/7/2024	星期四	10:00am	11:30am		•		預防感染 • 常見傳染病、阻止疾病傳播、保持個人衛生	
	11/19/2024	星期二	10:00am	11:30am		•		腸胃健康 • 常見問題，腸胃問題的預防與治療	
	12/5/2024	星期四	10:00am	11:30am		•		認識哀傷與喪親 • 什麼是哀傷與喪親? • 常見情緒和行為 • 如何幫助正在哀傷的人?	
	12/7/2024	星期二	10:00am	11:30am		•		安全服用藥物 • 了解處方、安全用藥、服藥時的注意事項	
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 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I型糖尿病的發病 (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	

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 • 新生父母指南 • 新生兒須知 • 如何護理新生兒 • 口腔護理和母乳餵養
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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		
網上課程 1-415-677-2458	10/7, 10/21, 11/4, 11/11, 11/18, 11/25, 12/2, 12/9, 12/16	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。
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	10/11, 10/18, 10/25, 11/1, 11/8, 11/15, 11/22, 11/29 12/6, 12/13, 12/20	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。

BALANCING WESTERN MEDICINE WITH EASTERN REMEDIES

東方中醫療法與西藥的平衡



Traditional Chinese Medicine & Lung Health

According to Traditional Chinese Medicine (TCM), organs are most vulnerable during its associated season. Fall is associated with the lungs. The Lung is the only internal organ that interacts directly with the external environment through breathing. During fall, the air is cooler and drier, but the lungs prefer to be warm and moist. This is why breathing issues (such as colds, coughs, and allergies) typically occur during this time of year. The following are some tips to support the lungs this fall:

- Protect against pathogenic factors such as wind and cold. Bundle up, wear a face covering, and wear a scarf.
- Eat foods warm in nature. For example, chicken, salmon, lamb, pepper, garlic, etc.
- Eat watery foods to nourish fluids. This can be in the form of soups and stews.
- Eating fruits and vegetables of the season will also help your body adjust to the changes. Seasonal fruits include apples, pears, and persimmons; seasonal vegetables include sweet potatoes, squash, carrots and radishes.
- Avoid eating cold or raw foods.

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

Article provided by Katarina Fok, L.Ac., ND Acupuncturist at Chinese Hospital East West Health Services.

中醫養肺之道

根據中醫理論，每種器官在相應的季節最易受損。秋天與肺部相關，肺部是唯一直接與外界環境互動的內臟器官。秋天氣候較涼乾燥，但肺部喜溫潤，因此呼吸問題（如感冒、咳嗽、過敏）通常發生於此時。以下是一些秋季護肺小貼士：

- **防風寒**：添衣保暖，戴口罩及圍巾，避免受風寒侵襲。
- **溫補**：選擇溫性的食物，例如雞肉、鮭魚、羊肉、胡椒、大蒜等。
- **滋陰潤燥**：多吃湯水等水分充足的食物，滋潤肺部。
- **食應時**：適時進食當季水果及蔬菜，如蘋果、梨、柿子、番薯、南瓜、紅蘿蔔、蘿蔔等。
- **忌生冷**：避免食用生冷食物。

以上為一般建議，如需接受針灸或中藥治療，請在註冊中醫師的指導下進行。

資料由東華醫院中西醫學門診 - 霍靜雯, L.Ac., ND 針灸中醫師提供。



Stay Protected This Fall: Get Your Vaccines

As the fall season approaches, it's crucial to ensure you and your loved ones are protected against common illnesses. At Chinese Hospital and CCHP, we're committed to the health and well-being of our community. One of the most effective ways to safeguard your health this fall is by getting vaccinated.

Vaccines are vital in preventing the spread of infectious diseases by stimulating your immune system to respond to specific pathogens. With fall being a peak season for respiratory illnesses like influenza and pneumonia, and the ongoing presence of COVID-19, it's more important to stay vigilant.

Available Vaccines This Fall:

• Influenza (Flu) Vaccine

The flu vaccine is your best defense against seasonal influenza. Each year, the flu vaccine is updated to match the circulating strains of the virus. Getting your flu shot can reduce your risk of getting sick, lessen the severity of symptoms if you do fall ill, and help protect vulnerable populations such as the elderly and those with chronic health conditions.

• Latest COVID-19 Vaccine

COVID-19 continues to be a significant health concern. Stay up to date with your COVID-19 vaccinations, including any recommended boosters. These vaccines have been shown to reduce the severity of illness and prevent hospitalizations.

• RSV Vaccine

Respiratory Syncytial Virus (RSV) is a common virus that can cause serious respiratory infections, especially in infants and older adults. The newly available RSV vaccine is recommended for these high-risk groups to help prevent severe disease. Consult your PCP to see if it is recommended for you.

How to Get Vaccinated

Chinese Hospital makes it easy and convenient to get your fall vaccinations. Simply schedule an appointment by calling 1-628-228-2828. We have four locations across San Francisco and Daly City. For more information on our locations, please visit www.chinesehospital-sf.org/clinics.

Most private insurance, including CCHP, cover vaccines as part of preventive services at no additional cost to eligible individuals when administered by an in-network provider. For CCHP members, vaccines can be conveniently administered at Chinese Hospital and Clinics, your PCP office or at in-network retail pharmacies. If you have any questions regarding your coverage, please contact CCHP Member Services at 1-888-775-7888.

Stay proactive about your health this season. Schedule your vaccination appointment today, and enjoy the peace of mind that comes with knowing you're protected.

Article provided by Chinese Hospital and Clinics.

今年秋天保持保護：接種疫苗

隨著秋季臨近，確保您及家人免受常見疾病侵襲至關重要。東華醫院及 CCHP 一直致力於社區健康及福祉。今年秋天保護您健康的最佳方式之一就是接種疫苗。

疫苗是預防傳染病的重要手段，它能刺激您的免疫系統對抗特定病原體。秋季是呼吸道疾病（例如流感及肺炎）的高峰期，加上 COVID-19 疫情仍然存在，保持警惕尤為重要。

今年秋季可用的疫苗：

• 流感疫苗

流感疫苗是您抵禦季節性流感的最佳防線。流感疫苗每年都會更新，以匹配病毒的流行株種。接種流感疫苗可以降低您患病風險，即使生病也能減輕症狀並保護弱勢人群（例如老人及慢性病患者）。

• 最新 COVID-19 疫苗

COVID-19 仍然是主要的健康問題。請及時接種 COVID-19 疫苗，包括任何推薦的加針。研究表明這些疫苗可以減輕疾病嚴重程度及防止住院。

• 呼吸道合胞病毒疫苗

呼吸道合胞病毒 (RSV) 是一種常見病毒，可引起嚴重的呼吸道感染，尤其對嬰兒及老人構成威脅。新型 RSV 疫苗建議用於這些高風險族群，以幫助預防嚴重疾病。請諮詢您的家庭醫生，以了解是否適合您接種。

如何接種疫苗

東華醫院提供便利的秋季疫苗接種服務，只需致電 1-628-228-2828 預約即可。我們在三藩市及帝利市設有四個地點。有關位置的更多資料請瀏覽 www.chinesehospital-sf.org/zh-hant/clinics。

多數私人保險包括 CCHP，均將疫苗接種作為預防性服務的一部分，對符合條件的個人在醫療機構聯網接種時免收額外費用。CCHP 會員以在東華醫院診所、家庭醫生診所或零售藥房聯網方便地接種疫苗。如果您對保險範圍有任何疑問，請致電 CCHP 會員服務專線 1-888-775-7888。

今個秋季請積極主動照顧您的健康。立即安排接種疫苗，享有受到保護的安心保障。

文章由東華醫院及診所提供。

DISCOVER FUN GETAWAYS NEAR SAN FRANCISCO THIS FALL

今年秋天來三藩市附近探索好玩的地方吧！

As the leaves change and the air turns cool, it's a great time to explore beautiful places close to San Francisco. From October through December, these nearby spots are perfect for a fall trip, especially for families with kids.

Napa Valley:

In the heart of California's wine country, Napa Valley shows off bright fall colors. It's a great place for wine tastings, hot air balloon rides, and vineyard tours. During the grape harvest season, you can see how wine is made. Families will love the Napa Valley Wine Train, which has fun themed rides for kids.

Sonoma:

Next to Napa, Sonoma is another great choice. Enjoy its charming town square, top-notch wineries, and cozy bed-and-breakfasts. The beautiful parks and trails are perfect for hiking and biking. Kids will enjoy the Sonoma TrainTown Railroad, with its mini train rides through a tiny town.

Half Moon Bay:

On the coast, Half Moon Bay is known for its lovely beaches, pumpkin farms, and the annual Half Moon Bay Art & Pumpkin Festival. Families can visit Lemos Farm for pony rides, train rides, and a petting zoo.

Whether you want to relax or have an adventure, these places offer friendly welcomes and beautiful sights. Plan your trip today and enjoy the magic of Northern California this fall.

隨著氣溫下降，樹葉轉黃，正是探索三藩市附近美麗景點的好時機。從十月到十二月，這些地方非常適合秋季旅行，尤其是對於有孩子的家庭。

納帕谷：

納帕谷是加州著名的葡萄酒產區，秋季景色迷人。除了品酒、乘坐熱氣球及參觀葡萄園外，家庭還可以搭乘納帕谷葡萄酒列車，享受有趣的遊樂設施。

索諾瑪：

索諾瑪也是一個值得一去的景點，擁有迷人的城鎮廣場、一流的酒莊及舒適的民宿。美麗的公園及步道適合健行及騎自行車。小朋友可以搭乘索諾瑪火車鎮鐵路在小鎮裡遊覽。

半月灣：

半月灣位於海岸線，以其美麗的海灘、南瓜農場及一年一度的半月灣藝術與南瓜節而聞名。家庭可以參觀萊莫斯農場，騎小馬、搭火車及參觀寵物動物園。

無論您想放鬆還是冒險，這些地方都提供友好的歡迎及美麗的景色。今天就規劃您的旅行，享受今年秋天北加州的魔力。





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@CCHPHHealthPlan.com. Electronic copies are available online at:
www.cchphealthplan.com/community-newsletter
www.cchrhealth.org/cchp-newsletters

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@CCHPHHealthPlan.com 或上網瀏覽：
www.cchphealthplan.com/zh-hant/community-newsletter
www.cchrhealth.org/tw/cchp-newsletters

GOOD NEWS! 好消息!

CCHP is Expanding and Growing!

Now residents in Alameda County will be able to get CCHP's quality Medicare Advantage Plans!

You can sign-up for 2025 coverage this fall during Annual Enrollment Period from
October 15 to December 7.

CCHP 正在擴大 服務範圍!

CCHP 將為阿拉米達縣的居民在 2025 年起提供聯邦保健優惠健康計劃!

把握在今年的聯邦保健開放登記期
10月15日至12月7日加入我們。切勿錯過時機!



IMPORTANT CONTACTS 重要聯絡資料



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
890 Jackson St, San Francisco
www.CCHPHHealthPlan.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.CCHPHHealthPlan.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
中西醫學門診 - 帝利市
386 Gellert Blvd, Daly City
www.chewhs.org