

2025
Q1

JAN - MAR

第一季 | 一月至三月

COMMUNITY

Health News

社區健康資訊



SEASON'S MESSAGE

本季資訊



Season's Greetings from CCHP and Balance!

As we start a new year, it's the perfect time to focus on your health and well-being. With Lunar New Year approaching, we're reminded to celebrate while balancing our routines with healthy habits. Simple actions—like regular physical activity, staying hydrated, and prioritizing sleep—can make a big difference. Enjoy the season's festivities and focus on what supports your health goals.

If you're considering a new health plan, there's still time to join Balance by CCHP during Open Enrollment! Our Sales Representatives are here to help you find a plan that best fits your needs and budget, including guidance on any available financial assistance. Enrollment for February coverage ends January 31, so reach out soon to get started.

We also encourage all Balance and CCHP members to explore our convenient online Member Portal, where you can easily check claims, view benefits, and communicate with Member Services. Simply visit CCHPHealthPlan.com or BalancebyCCHP.com and click Member Login at the top right of the home page. We hope you'll use these tools to get the most from your plan in 2025. Here's to a healthy, fulfilling start to the year!

CCHP 和 Balance 向您送上節日祝福！

新一年開始，正是留意身心健康的好機會。隨著農曆新年臨近，我們提醒大家在慶祝佳節的同時，也要平衡生活及養成良好的健康習慣。簡單安排如經常運動、定時補充水分及擁有充足睡眠，均對健康有很大的幫助。在享受節日的同時，切勿忘記要保持健康。

如果您正在考慮新的健康計劃，請注意在開放登記期內仍然可以加入 **Balance by CCHP**！我們的營業代表可以協助挑選最適合您要求及預算的計劃，並提供財務援助指引。在1月31日前投保的計劃可以在2月馬上生效，請盡早聯絡我們展開您的健康之旅。

我們也鼓勵 **Balance** 及 **CCHP** 的所有會員利用我們方便的網上會員平台，輕鬆查看索償、保障範圍、及可以與會員服務人員對話。只需瀏覽 CCHPHealthPlan.com 或 BalancebyCCHP.com，並點擊在頁面右上角的會員登錄鍵。我們希望您能使用這些簡易工具在 2025 年獲得計劃的最大效益，祝您新年健康圓滿！

2025

HEALTH EDUCATION

健康教育



Winter Wellness: Tips to Stay Healthy During Cold Months

Winter brings a higher risk of flu and other illnesses, but you can take steps to stay healthy.

1. Get Your Flu Shot:

A flu vaccine helps prevent the flu. Schedule yours early in the season.

2. Practice Good Hygiene:

Wash your hands often, cover your coughs and sneezes, and stay away from sick people to reduce germs.

3. Boost Immunity with Nutrition:

Eat foods high in vitamins C and D, like oranges and fish. Yogurt and fermented foods are good for your gut health.

4. Stay Hydrated with Warm Fluids:

Drink herbal teas, honey lemon water, chicken broth, and warm apple cider to soothe sore throats.

5. Dress to Stay Warm:

Wear layers, warm socks, and cover your ears on cold or windy days.

6. Rest and Recover:

If you get sick, stay home, rest, and keep flu medicine handy. Use items like a humidifier or cough drops. Talk to a doctor if you feel worse.

Stay proactive and enjoy a healthier winter!

Article provided by CCHRC.

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.

冬季養生：在寒冷月份保持健康小貼士

冬季帶來較高的流感及其他疾病風險，但你可以採取以下措施保持健康。

1. 接種流感疫苗：

流感疫苗有助於預防流感，請在季初安排接種。

2. 保持良好的衛生習慣：

勤洗手，用手掩蓋咳嗽及噴嚏，遠離生病人群以減少細菌傳播機會。

3. 通過營養提升免疫力：

多吃富含維他命C及D的食物，如橙及魚類。乳酪及發酵食品均對腸道健康有益。

4. 保持水分攝取：

飲用草藥茶、蜜糖檸檬水、雞湯及熱蘋果酒來舒緩喉嚨不適。

5. 保暖穿著：

穿上多層衣物，保暖襪，並在寒冷或大風日子保護耳朵。

6. 休息及復原：

如果生病，請在家休息及服用抗流感藥物。使用加濕器或服用喉糖等。如果健康惡化，請盡快諮詢醫生。

保持積極，享受更健康的冬季！

文章由華人社區健康資源中心提供。

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。

Colorectal Cancer is Preventable, Get Screened!

Colorectal Cancer is the second leading cancer killer in the U.S. among cancers that affect both men and women. But it doesn't have to be. If you're 45 or older, see your doctor and get screened for colorectal cancer. Screening helps find colorectal cancer early when treatment can be very effective.

Reference CCHRC: www.cchrhealth.org/colorectal-cancer-resources

Reference CDC: www.cdc.gov/cancer/colorectal/pdf/colorectal-cancer-screening-fact-sheet-508.pdf

大腸癌及早檢查是可以預防的！

大腸癌是同時在美國男性及女性中排名第二的致命癌症，但這並非不可改變。如果您已年滿45歲，請與您的醫生聯絡並進行大腸癌檢查。檢查有助於早期發現大腸癌，使治療更加有效。

華人社區健康資源中心參考資料：
www.cchrhealth.org/colorectal-cancer-resources

疾病管制與預防中心參考資料：
www.cdc.gov/cancer/colorectal/pdf/colorectal-cancer-screening-fact-sheet-508.pdf



BALANCING WESTERN MEDICINE WITH EASTERN REMEDIES

東方中醫療法與西藥的平衡



Chinese Medicine Wellness Tips: How to Boost Your Immunity and Prepare for Allergy Season

Prevention is the best medicine. We should conserve energy and build up our reservoir during the winter. Avoid cold drinks and choose steamed or stir-fried dishes over salads and raw foods. Porridge, soups and stews with green chives, pumpkins, yams, squashes are easy to digest. When the body doesn't have to work as hard to process the food, more nutrition can be harvested. Consider adding some cinnamon to your morning oatmeal or cooking with ginger, black and white pepper or other warming spices.

We must also pay attention to how environmental changes affect the body. Cold constricts and slows things down, which can create stagnation and lead to pathologies. Wear a scarf or jacket that covers your neck to prevent catching a cold. Go for a walk to get some fresh air and sunlight. Drink hot tea to keep your body warm. If you nourish your body in the winter, you are strengthening your immune system which will best prepare you for spring and allergy season.

中醫養生貼士：如何提升免疫力及迎 接過敏季節

預防勝於治療，我們應在冬天養精蓄銳。避免飲用凍飲，選擇蒸或炒的菜餚，而非沙律及生冷食物。含有青蔥、南瓜、山藥及南瓜的粥品、湯，或燉菜可較易消化。當身體不需要用太多能量來消化食物時，便能吸收更多營養。大家可以考慮在燕麥早餐中加入一些肉桂，或用薑、黑白胡椒或其他溫性香料烹調亦可。

我們還必須注意環境變化對身體的影響。低溫會使血液循環變慢，造成停滯而導致病變。戴上圍巾或外套來保暖，也能防止感冒。外出散步呼吸新鮮空氣並曬太陽，及飲用熱茶保持身體溫暖。如果在冬季滋養身體，就可以增強免疫系統，為春天及過敏季節做好準備。

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

Article provided by Amy Jiang, L.Ac., Acupuncturist and Herbalist at Chinese Hospital East West Health Services.

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 - 江嘉美, L.Ac., 針灸中醫師提供。

Health, Wellness, Fitness and Educational Class Schedule

2025 Q1
JAN - MAR

HEALTH EDUCATION CLASSES

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	1/9/2025	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
	1/21/2025	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
	2/13/2025	Thur	1:00pm	2:30pm	•			Depression	<ul style="list-style-type: none"> What is depression? Causes, symptoms and treatment of depression
	2/25/2025	Tue	1:00pm	2:30pm	•			COPD	<ul style="list-style-type: none"> What is COPD? Medications and self-care
	3/13/2025	Thur	1:00pm	2:30pm	•			Insomnia	<ul style="list-style-type: none"> What is insomnia? Causes, symptoms and treatment of insomnia
	3/25/2025	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
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 and Balance 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 and Balance 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

2025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	1/9/2025	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
	1/21/2025	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
	2/13/2025	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
	2/25/2025	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
	3/13/2025	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
	3/25/2025	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CCHP及Balance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-TW/classes-and-events

FITNESS CLASSES

FREE TO CCHP & BALANCE MEMBERS | CCHP及Balance會員免費

健身班時間表

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



CHINESE HOSPITAL & CLINICS



LOCATION	DATE	DAY	TIME		LAN-GUAGE			CLASS	LEARNING OBJECTIVES
			START	END	E	C	M		
ONLINE 1-415-677-2458	1/6, 1/13, 1/27, 2/3, 2/10, 2/24 3/3, 3/10, 3/17	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	1/7, 1/14, 1/21, 1/28, 2/4, 2/11, 2/18, 2/25, 3/4, 3/11, 3/18	Tue	12:05pm	1:00pm	•	•	•	Zumba (Age 13+)	Mastering basic Latin-inspired dance moves, improving coordination and rhythm, increasing cardiovascular fitness, and boosting mood through dance and music, while having fun and socializing in a group setting.
IN-PERSON CLASS CHINATOWN YMCA 1-415-677-2458 Proof of vaccination is required & masking is highly recommended for all YMCA classes.	1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/7, 3/14, 3/21	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.

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	1/6, 1/13, 1/27, 2/3, 2/10, 2/24 3/3, 3/10, 3/17	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	1/7, 1/14, 1/21, 1/28, 2/4, 2/11, 2/18, 2/25, 3/4, 3/11, 3/18	星期二	12:05pm	1:00pm	•	•	•	尊巴舞 (13歲以上)	掌握基本的拉丁舞蹈動作，提升協調性和節奏，增強心血管健康，透過舞蹈和音樂提升情緒，同時在團體環境中享受樂趣和社交。
親身授課 華埠青年會 1-415-677-2458 所有華埠青年會 班均需要提供 完全接種 疫苗證明 及強烈建議 配戴口罩	1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/7, 3/14, 3/21	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。

EAT WELL, LIVE WELL RECIPE

東華醫院註冊營養師健康美食推介食譜



Oil-Free Steamed Pumpkin with Chicken Thigh

Ingredients (serves 4):

- Chicken thighs (skinless, boneless) – 400g (about 100g per serving)
- Pumpkin, diced – 400g (about 100g per serving)
- Garlic, minced – 2 cloves
- Ginger, thinly sliced – 10g (about 2 tsp)
- Low-sodium soy sauce – 1 tbsp
- Rice wine (optional) – 1 tbsp (can omit for lower sodium)
- Salt – a pinch (optional)
- Scallions, chopped – 1 tbsp (for garnish)

Instructions:

1. In a mixing bowl, combine the minced garlic, sliced ginger, low-sodium soy sauce, and rice wine (if using). Mix well to create a marinade.
2. Add the chicken thighs to the marinade, coating them evenly. Let marinate for at least 15 minutes (or up to 1 hour in the fridge for more flavor).
3. Arrange the diced pumpkin evenly on a heatproof plate. Place the marinated chicken thighs on top of the pumpkin.
4. Steam the dish over medium-high heat for about 20–25 minutes, or until the chicken is fully cooked and tender and the pumpkin is soft.
5. Garnish with chopped scallions and serve warm.

Nutritional Information Provided by Chinese Hospital Registered Dietitian.

Pumpkin is highly nutritious and offers several health benefits, particularly in fall. It is rich in fiber, potassium, and vitamins A, C, and E, which support skin health, regulate blood sugar and cholesterol, and promote healthy digestion.

Photo source: <https://cookwithmi.wixsite.com/cookwithmi/post/2016/08/19/steamed-chicken-with-pumpkin>

無油雞腿蒸南瓜

材料 (4人份量)：

- 雞腿肉 (去皮, 去骨) - 400克 (每人約100克)
- 南瓜切粒 - 400克 (每人約100克)
- 蒜蓉 - 2粒
- 薑切薄片 - 10克 (約2茶匙)
- 減鹽豉油 - 1湯匙
- 米酒 (可選) - 1湯匙 (可省略以減少鈉含量)
- 鹽 - 少許 (可選)
- 青蔥切碎 - 1湯匙 (用於裝飾)

烹調方法：

1. 將蒜蓉、薑片、減鹽豉油及米酒 (如使用) 在碗中混合, 充分攪拌均勻製成醃料。
2. 將雞腿肉均勻裹上醃料, 及醃至少 15 分鐘 (或放入冰箱醃至1小時以增加風味)。
3. 先將南瓜粒均勻地放在耐熱盤上, 再將醃好的雞腿肉放在南瓜上。
4. 用中高火蒸約 20–25 分鐘, 或直到雞腿肉完全熟透且嫩滑, 及南瓜變軟身。
5. 撒上切碎的青蔥作裝飾, 趁熱享用。

營養資料由東華醫院註冊營養師提供。

南瓜營養非常豐富, 在秋季當造。它富含纖維、鉀、維他命A、C及E, 有助於保持皮膚健康, 調節血糖及膽固醇, 並促進健康的消化。

相片來源: <https://cookwithmi.wixsite.com/cookwithmi/post/2016/08/19/steamed-chicken-with-pumpkin>



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

Calories 卡路里：220 kcal
Protein 蛋白質：25 g
Carbohydrates 碳水化合物：11 g
Dietary Fiber 食用纖維：2.5 g
Fat 脂肪：6 g

WINTER WONDERLANDS NEAR THE BAY AREA FOR FAMILY ROAD TRIPS

灣區附近適合家庭自駕遊的冬季美景



Kick off the new year with a scenic family adventure to one of these nearby snowy escapes! Just a few hours' drive from the Bay Area, these winter destinations offer beautiful views and plenty of snow-filled fun:

Lake Tahoe: Known for its pristine, snow-covered landscapes, Lake Tahoe is a winter playground for all ages. Try sledding, snowshoeing, or taking in the stunning views from the Heavenly Gondola. There are also beginner ski slopes for family-friendly skiing and snowboarding.

Yosemite National Park: Yosemite's breathtaking winter scenery is a sight to behold. Head to Badger Pass Ski Area for family-friendly skiing and snowboarding, or explore the park's serene winter hiking trails. Don't miss the magical sight of snow-covered Yosemite Valley.

Dodge Ridge: Perfect for families looking for a less-crowded spot, Dodge Ridge offers relaxed slopes for all skill levels. Enjoy sledding, snow play areas, and affordable lift tickets.

Pack up, bundle up, and let these winter gems make unforgettable memories!

新年把握一次家庭冒險之旅，前往這些附近風景如畫的滑雪勝地！這些冬季目的地距離灣區僅數小時車程，提供壯麗景色及無窮無盡的雪地樂趣。

太浩湖：這裡是冬季天堂，純淨的雪景吸引各年齡段的遊客。滑雪橇、雪鞋行走，或者乘坐Heavenly纜車欣賞壯觀景色。此外，還有適合初學者的滑雪坡道，家庭滑雪和單板滑雪的理想選擇。

優山美地國家公園：冬季的優山美地令人驚嘆。Badger Pass滑雪區提供家庭友好的滑雪和單板滑雪，還可以探索公園寧靜的冬季步道。不要錯過被雪覆蓋的優山美地山谷，景象如詩如畫。

道奇嶺：對於尋找人少景美地點的家庭來說，道奇嶺是個完美選擇，這裡提供各種技能水平的輕鬆滑雪坡道。享受滑雪橇、雪地遊戲區及實惠的纜車票。

收拾行李及穿上保暖衣物，讓這些冬季寶地為您和家人創造難忘回憶！





UCSF Health Pulmonologists Now Available at Chinese Hospital Clinics

Chinese Hospital is excited to announce an enhanced service for patients managing respiratory health conditions. In partnership with UCSF Health, expert pulmonologists from UCSF Health are now seeing patients at Chinese Hospital clinics, bringing advanced pulmonary care directly into the community. This new collaboration means that patients can receive specialized treatment for conditions such as asthma, chronic obstructive pulmonary disease (COPD), and other lung-related issues right in their neighborhood.

Access to UCSF Health pulmonologists at Chinese Hospital clinics provides patients with the expertise they need for effective diagnosis, treatment, and ongoing management of respiratory conditions. This convenient access is especially valuable for those who require frequent follow-ups or who prefer to stay within their community for care.

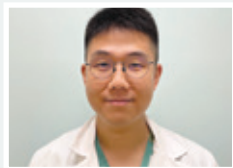
By working together, Chinese Hospital and UCSF Health are strengthening community health resources, ensuring that residents benefit from leading-edge pulmonary care that is both accessible and tailored to individual needs. This partnership represents a commitment to expanding comprehensive services, offering the very best in local healthcare for the community.

To learn more or schedule an appointment with a UCSF Health pulmonologist, please contact Chinese Hospital Clinic at **1-628-228-2828**.



CHINESE HOSPITAL

AN AFFILIATE OF UCSF HEALTH



Michael Lee, M.D.
Pulmonology
肺科醫生



Angela Suen, M.D.
孫安琪醫生
Pulmonology
肺科醫生

在東華醫院診所預約 UCSF Health 肺科醫生服務

東華醫院很高興宣布，為社區提供更全面的專科服務！我們與 UCSF Health 合作，擴展肺部治療服務，現在 UCSF Health 的肺科專科醫生會在東華醫院診所提供服務。通過合作，東華醫院將先進的肺科護理帶到社區，讓病人可以在熟悉的環境中接受哮喘、慢性阻塞性肺病 (COPD) 等呼吸系統疾病的專業治療。

對於需要頻繁就診或偏好在社區中看病的病人，這項服務特別便捷貼心。病人可以在社區內享受頂尖的醫療服務，包括診斷、治療及長期的呼吸健康管理。

透過這次合作，東華醫院與 UCSF Health 攜手加強社區的醫療資源，為居民帶來適合文化需求的肺科專科服務。我們將繼續致力提升病人及社區的健康水平，提供更優質的醫療服務。

如需了解更多資訊或預約 UCSF Health 的肺科醫生，請致電 **1-628-228-2828** 與東華醫院診所聯絡。

Discover Chinese Hospital Hepatitis B Services

For over 25 years, Chinese Hospital has been at the forefront of providing vital hepatitis B services, including vaccination, screening, treatment, linkage of care, and education to help prevent and manage this disease. Recently, Chinese Hospital announced the launch of its **Hepatitis B Demonstration Project**, which is aimed to increase awareness and access to care for individuals at risk and affected by Hepatitis B in our communities.

Schedule an Appointment: 1-628-228-2828

瞭解東華醫院的乙型肝炎服務

東華醫院過去25年一直致力提供重要的乙型肝炎服務，包括疫苗接種、檢測、治療、護理及教育，以助於預防及管理這種疾病。最近，東華醫院宣布啟動**乙型肝炎示範項目**，旨在提高社區中的高風險群體，及受乙型肝炎影響之人士認識及獲得乙型肝炎護理的機會。

預約：1-628-228-2828



COMMUNITY NEWS

社區消息



Chinese Hospital Named in Newsweek's Best-in-State Hospitals for the Second Year

Chinese Hospital is proud to announce its recognition in Newsweek and Statista Inc.'s prestigious **"Best-in-State Hospitals"** list for 2025. Ranked #3 in San Francisco and #30 in California, this achievement highlights Chinese Hospital's unwavering commitment to high-quality, patient-centered care amidst the healthcare sector's challenges.

For the second consecutive year, Chinese Hospital's focus on delivering exceptional care has shone through, despite industry-wide obstacles such as physician shortages, rising costs, and public health demands. "Being recognized again is a reflection of our dedication to quality care and the community we serve," said Dr. Jian Zhang, CEO of Chinese Hospital. "Our team's resilience and commitment have been essential in maintaining high standards for our patients."

Dr. Kin F. Yee, Chairman of the Board of Trustees, added, "This recognition is a proud moment for Chinese Hospital and reflects our legacy of compassionate, high-quality care for over 125 years. Our mission to serve the community remains at the core of all we do."

Chinese Hospital also proudly holds distinctions such as the American Heart Association's Get With The Guidelines® – Stroke Gold Award and the Center of Excellence designation by GO2 for Lung Cancer, underlining its commitment to clinical excellence and positive patient outcomes.

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.

東華醫院連續第二年獲《新聞週刊》評為美國最佳州內醫院

東華醫院榮膺美國權威雜誌《新聞週刊》與全球數據公司 Statista Inc. 評為 2025 年「美國最佳州內醫院」之一，於加州名列第 30 位，並躋身三藩市前 3 名。這是東華醫院連續第二年獲得此項全國性榮譽。

近年，醫療行業面臨多重挑戰，包括醫生及醫護人員短缺、營運成本上升，以及公共衛生危機帶來的持續壓力。儘管壓力重重，東華醫院始終將病人的需求及體驗置於首位。東華醫院行政總裁張建清博士表示：「連續兩年被《新聞週刊》評為美國最佳州內醫院，不僅體現了我們對優質醫療服務的堅持，也反映了我們對社區的承諾。在這充滿挑戰的環境中，能夠在醫療服務及病人體驗上達到最高的標準，全賴全體醫護人員及員工的共同努力，這份榮譽正是對他們奉獻的最佳肯定。」

東華醫院董事會主席余健峰醫生補充道：「這是我們值得驕傲的時刻，更是追求卓越的最佳見證。在過去的 125 年裡，服務社區始終是我們的核心。我們將繼續致力提升醫療服務的可及性及質量，為我們的社區提供適合其語言及文化的優質醫療服務。」

此外，東華醫院還榮獲美國心臟協會頒發的「遵循指南 - 中風治療」金獎，及肺癌全球行動組織 (GO2 for Lung Cancer) 評為肺癌檢查卓越中心。這些榮譽進一步肯定東華醫院對病人健康及醫療服務的承諾。



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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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445 Grant Ave, 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
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888 Paris St, #202, San Francisco
www.chinesehospital-sf.org

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East West Health Services - Chinatown/Financial District 1-415-795-8100
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445 Grant Ave, Ground Floor, San Francisco
www.chewhs.org

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