

CHINESE HOSPITAL HEALTH SYSTEM

# Health

東華醫院醫療體系健康季刊

# News

2025 APRIL- JUNE | 四月至六月



**Cholesterol Management  
for People with Diabetes or  
Heart Disease**

糖尿或心臟病患者的膽固醇管理

**Prioritizing Minority  
Mental Health**

少數民族心理健康意識

**Get ready to celebrate  
Hepatitis Awareness Month**

準備慶祝肝炎關注月





**We are aware that several pharmacies in San Francisco and San Mateo counties have closed**, which may cause inconvenience for some of our members and patients. We are committed to ensuring you continue to have seamless access to your prescriptions without disruption.

我們了解到部分社區藥房關閉營業，這可能會影響會員和患者的配藥安排。因此，我們希望提供以下資訊，以確保順利過渡。

### CLOSED PHARMACY LOCATIONS\* | 關閉營業的藥房地點\*

#### WALGREENS

##### San Francisco 三藩市

- 1201 Taraval St
- 3201 Divisadero St
- 1363 Divisadero St
- 825 Market St
- 1750 Noriega St
- 5280 Geary Blvd
- 1301 Franklin St
- 1189 Potrero Ave
- 135 Powell St
- 1630 Ocean Ave

- 5300 Third St

##### Daly City 帝利市

- 6100 Mission St

#### SAFEWAY

##### San Francisco 三藩市

- 1335 Webster St

*\*This is not a complete list. Please check your pharmacy's website for updates.*

*\*這不是完整清單。請到您的藥房網站查詢最新資訊。*

### Alternative Pharmacy Options for CCHP & Balance members:

**1. In-network Local Pharmacies:** You can fill your prescriptions at any pharmacy of your choice. To find an in-network pharmacy near you, please use our online pharmacy locator at [www.cchphealthplan.com/pharmacy-locator](http://www.cchphealthplan.com/pharmacy-locator).

**2. Chinese Hospital Pharmacy:** As a CCHP preferred pharmacy, Chinese Hospital offers most prescriptions with a 3-month supply at a preferred copay. It has two convenient locations:

- **San Francisco Chinatown: 1-415-677-2430**  
845 Jackson St, San Francisco, CA 94133
- **Daly City: 1-650-761-3560**  
386 Gellert Blvd, Daly City, CA 94015 (Parking available)

**3. Mail-Order Pharmacy:** If you prefer home delivery, mail-order options are available. You can enroll in MedImpact Direct (Birdi) online at [www.medimpactdirect.com](http://www.medimpactdirect.com) or call 1-855-873-8739.

If you need help selecting a new pharmacy or transferring your prescription, CCHP & Balance members can email to Member Services at [MemberServices@cchphealthplan.com](mailto:MemberServices@cchphealthplan.com) or call 1-888-775-7888 (TTY 1-877-681-8898, (Oct 1 – Mar 31: 7 days a week, 8am – 8pm; Apr 1 – Sep 30: M-F, 8am – 8pm).

### CCHP 及 Balance 會員的其他藥房選擇：

**1. 社區內的網絡內藥房：**您可根據需求或個人偏好選擇其他網絡內藥房。查詢鄰近仍在營業的藥房，請使用 [www.cchphealthplan.com/zh-TW/pharmacy-locator](http://www.cchphealthplan.com/zh-TW/pharmacy-locator)。

**2. 東華醫院藥房：**作為 CCHP 的首選藥房，大部分處方藥可一次領取最多 3 個月的藥量，並享有自付優惠。

- **三藩市華埠：1-415-677-2430**  
845 Jackson St, San Francisco, CA 94133
- **帝利市：1-650-761-3560**  
386 Gellert Blvd, Daly City, CA 94015 (免費泊車)

**3. 郵寄訂購服務：**若希望透過郵寄方式領取藥物，您可使用 MedImpact Direct (Birdi) 服務。請前往 [www.medimpactdirect.com](http://www.medimpactdirect.com) 註冊，或致電 1-855-873-8739 查詢。

CCHP 及 Balance 會員如需協助選擇新藥房或轉移處方藥，請聯絡會員服務中心，我們將竭誠為您服務。您可以發送電郵至 [MemberServices@cchphealthplan.com](mailto:MemberServices@cchphealthplan.com)，或致電 1-888-775-7888 (TTY 1-877-681-8898)，(10月1日至3月31日，每週7天，上午8時至晚上8時；4月1日至9月30日，星期一至五，上午8時至晚上8時)。



## Protect Your Heart: Why Cholesterol Management Matters for People with Diabetes or Heart Disease

Cholesterol is a fat-like substance in your blood. Your body needs some cholesterol to stay healthy, but too much can lead to plaque buildup in your blood vessels. This can block blood flow and cause heart problems like heart attacks and strokes.

**There are two main types of cholesterol:**

- **LDL (“bad” cholesterol)** – Can cause plaque buildup.
- **HDL (“good” cholesterol)** – Helps remove LDL from the body.

### Why People with Diabetes Are at Higher Risk

If you have diabetes, your blood sugar levels can damage blood vessels, making it easier for plaque to build up. **Adults with diabetes are nearly twice as likely to have heart disease or a stroke—even if their cholesterol levels seem normal.**

### How Statins Can Help

Many people need statins—a cholesterol-lowering medicine—to reduce their heart disease risk. Statins:

- **Lower “bad” cholesterol (LDL)** and prevent plaque buildup.
- **Help protect people with diabetes and heart disease** from heart attacks and strokes.
- **Are proven safe and effective** for over 35 years.

### Statins only work if you take them regularly!

Some people may have mild muscle aches, but serious side effects are rare.

- Tell your doctor if you feel very tired or have muscle pain that does not go away.
- Your doctor may lower your dose or switch to a different statin drug that might not cause these side effects.

### Common Statin Medications:

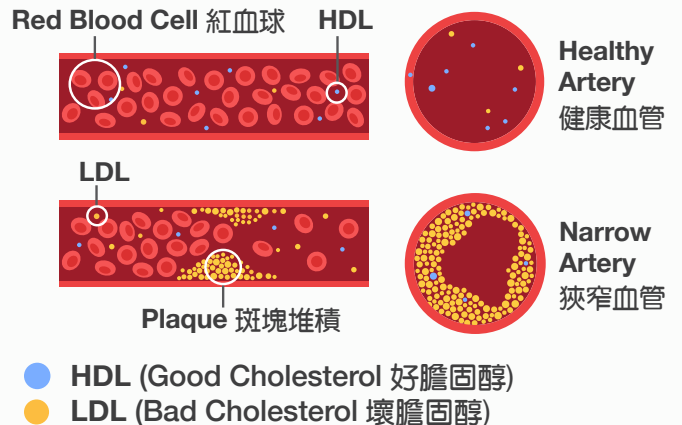
- Atorvastatin (Lipitor)
- Pravastatin (Pravachol)
- Simvastatin (Zocor)
- Fluvastatin (Lescol, Lescol XL)
- Rosuvastatin (Crestor)
- Pitavastatin (Livalo)
- Lovastatin (Mevacor, Altoprev)

If you have heart disease, diabetes, or high cholesterol, talk to your doctor about whether statins are right for you!

*Article provided by Vincent Luy, PharmD – CCHP Clinical Program Pharmacist*

**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.

## Good vs. Bad Cholesterol | 好膽固醇與壞膽固醇



## 護心有道：糖尿或心臟病患者的膽固醇管理

膽固醇乃血液中一種脂肪類物質。人體需要適量膽固醇以維持健康，然而，過多膽固醇則可能導血管中斑塊堆積。這會阻礙血液流動並導致心臟病發作和中風等心臟問題。

膽固醇主要分為兩類：

- 低密度脂蛋白膽固醇（壞膽固醇）- 可引致斑塊積聚。
- 高密度脂蛋白膽固醇（好膽固醇）- 有助於清除體內的低密度脂蛋白膽固醇。

### 為何糖尿病患者風險較高

如患有糖尿病，血糖水平可能損害血管，令斑塊更容易積聚。即使膽固醇水平看似正常，患有糖尿病的成年人患心臟病或中風的機率幾乎是非糖尿病患者的兩倍。

### 他汀類藥物的幫助

許多人需要他汀類藥物 - 一種降低膽固醇的藥物 - 以降低患心臟病的風險。他汀類藥物：

- 降低「壞」膽固醇 (LDL) 並防止斑塊積聚。
- 幫助保護糖尿病及心臟病患者，免受心臟病發及中風之害。
- 已證實安全有效超過 35 年。

### 他汀類藥物只能在您定期服用情況下才有效！

有些人可能會出現輕微的肌肉酸痛，但嚴重副作用很少見。

- 如果您感到非常疲倦或肌肉持續疼痛，請告訴您的醫生。
- 您的醫生可能會降低您的劑量或改用其他可能不會引起這些副作用的他汀類藥物。

### 常見他汀類藥物：

- 阿托伐他汀 (Lipitor)
- 普伐他汀 (Pravachol)
- 辛伐他汀 (Zocor)
- 氟伐他汀 (Lescol, Lescol XL)
- 瑞舒伐他汀 (Crestor)
- 匹伐他汀 (Livalo)
- 洛伐他汀 (Mevacor, Altoprev)

如果您患有心臟病、糖尿病或高膽固醇，請諮詢您的醫生，了解他汀類藥物是否適合您！

文章由 CCHP 臨床藥劑師 Vincent Luy 提供。

**免責聲明：**本文僅供參考，不能取代專業醫療建議、診斷或治療。請務必向您的醫生或其他合資格的醫療人員尋求建議。

# BALANCING WESTERN MEDICINE WITH EASTERN REMEDIES

## 東方中醫療法與西藥的平衡



### Revitalizing Your Energy: Traditional Chinese Medicine for Sluggishness

If you are struggling with constipation or finding it hard to get out of bed, your body may be experiencing **Spleen Qi deficiency (脾氣虛)** — a condition often linked to poor digestion, slow metabolism, and low energy.

Fortunately, a few simple lifestyle adjustments can help support your digestive health and boost your energy.

Start your morning with something warm. Even a glass of warm water can help! Ideally, opt for a warm, easy-to-digest breakfast like oatmeal, porridge, or eggs.

Gently massaging your stomach in a clockwise motion can help stimulate digestion and promote bowel movement.

Another effective technique is massaging the acupuncture point **Zusanli (ST 36)**. Located just below the kneecap on the outer side of the leg, this point is known for its revitalizing effects. Regular massage may help improve digestion, boost energy, and reduce sluggishness.

Incorporating these habits into your daily routine can make a noticeable difference in how you feel.

This is a general guideline. Please see a TCM practitioner to find one tailored to your individual health.

*Article provided by Emily Yuen, L.Ac., Acupuncturist and Herbalist at Chinese Hospital East West Health Services.*



Zusanli  
ST-36  
足三里

### 重拾活力：中醫之道助您擺脫倦怠

如果您正受便秘困擾，或經常感到疲憊乏力，難以起床，您的身體可能正處於脾氣虛的狀態 - 此狀況通常與消化不良、新陳代謝緩慢及能量不足有關。

幸而，一些簡單的生活習慣調整，便能有助於改善消化健康，提升能量。

早晨以一杯暖水開始，亦有助暖胃！理想之選是溫暖且易於消化的早餐，例如燕麥粥、稀飯或雞蛋。用以順時針方向輕輕按摩腹部，有助於刺激消化，促進腸道蠕動。

另一有效方法是按摩足三里穴位。此穴位位於腿部外側膝蓋骨正下方，以其活力功效而聞名。定期按摩有助於改善消化、增強能量、減少疲倦。

將這些習慣融入您的日常生活中，能明顯改善您的整體感覺。

以上僅供參考。請諮詢持牌中醫師以找到適合您健康的治療計劃。

資料由東華醫院中西醫學門診 - 阮寶儀針灸中醫師提供。

# EAT WELL, LIVE WELL RECIPE

## 有「營」食譜



### Shrimp & Mushroom Soup (Low-Sodium)

Shrimp is a lean source of high-quality protein, low in saturated fat, and rich in omega-3 fatty acids, which support heart health. Mushrooms are packed with antioxidants, vitamins (especially B vitamins), and fiber, helping regulate cholesterol and support immune function. This light, low-sodium soup is perfect for heart health and weight management.

#### Ingredients (serves 4):

- Shrimp (peeled and deveined) – 400g
- Shiitake mushrooms, sliced – 100g
- Enoki mushrooms, trimmed – 100g
- Tomato, diced – 1 medium
- Garlic, sliced – 2 cloves
- Ginger, thinly sliced – 10g (about 2 tsp)
- Low-sodium chicken or vegetable broth – 4 cups
- Low-sodium soy sauce – 1 tbsp
- Lemon juice or rice vinegar – 1 tbsp (for flavor enhancement)
- White pepper – a pinch
- Scallions, chopped – 1 tbsp (for garnish)
- Cilantro, chopped – 1 tbsp (optional, for garnish)

#### Instructions:

1. In a pot, sauté the sliced garlic and ginger over medium heat until fragrant (no oil needed; use a bit of broth if sticking occurs).
2. Add the diced tomato and shiitake mushrooms. Cook for 2 minutes until slightly softened.
3. Pour in the low-sodium broth and bring to a gentle boil. Add enoki mushrooms and simmer for another 3 minutes.
4. Add the shrimp to the pot and cook for 2–3 minutes until pink and opaque.
5. Season with low-sodium soy sauce, lemon juice, and a pinch of white pepper.
6. Garnish with chopped scallions and cilantro before serving warm.

### 蝦仁菌菇湯 (低鈉)

蝦子乃優質蛋白質的精瘦來源，低飽和脂肪，且富含奧米伽-3 脂肪酸，有益心臟健康。菇菌則蘊含豐富抗氧化物、維他命（尤其B族維他命）及纖維，有助調節膽固醇及增強免疫力。此清淡低鈉湯羹，實為心臟健康及體重管理之理想選擇。

#### 材料 (4人份量)：

- 鮮蝦 (去殼及去腸) - 400公克
- 冬菇切片 - 100公克
- 金菇，切去根部 - 100克
- 番茄，切丁 - 1 個，中等大小
- 蒜頭，切片 - 2 瓣
- 薑，薄片 - 10克 (約2茶匙)
- 低鈉雞湯或蔬菜湯 - 4 杯
- 低鈉醬油 - 1大匙
- 檸檬汁或米醋 - 1 湯匙 (用於增味)
- 白胡椒 - 少許
- 蔥，切碎 - 1 湯匙 (用於裝飾)
- 芫茜，切碎 - 1 湯匙 (可選，用於裝飾)

#### 烹調方法：

1. 在鍋中，用中火炒蒜片及薑片，直至散發香氣。(不需要油；如果沾鍋可加入少許高湯)。
2. 加入切丁番茄及冬菇，煮2分鐘直至稍為軟化。
3. 倒入低鈉肉湯並輕輕煮沸。再加入金針菇煮3分鐘。
4. 將鮮蝦放入鍋中煮2-3分鐘，直到呈現粉紅色且不透明。
5. 用低鈉醬油、檸檬汁和少許白胡椒調味。
6. 上碟前，撒上蔥花及香菜碎作裝飾，趁熱享用。

#### Nutrition information per serving:

每份材料含以下營養：

Calories 卡路里：160 kcal  
Protein 蛋白質：22 g  
Carbohydrates 碳水化合物：6 g

Dietary Fiber 食用纖維：2 g  
Fat 脂肪：4 g



Nutritional Information Provided by Chinese Hospital Registered Dietitian.

營養資料由東華醫院註冊營養師提供。

Photo source 相片來源：[https://cookpad.com/tw/recipe/images/f1c02f0b641f8c50?image\\_region\\_id=53](https://cookpad.com/tw/recipe/images/f1c02f0b641f8c50?image_region_id=53)



## Minority Mental Health Awareness

Mental health is just as important as physical health, but many people in minority communities face challenges in getting help. Stigma, language barriers, and lack of access make it harder for some to find the support they need.

**Talking About Mental Health** – Some people feel ashamed or afraid to ask for help. But mental health is part of overall health, and it's okay to talk about feelings and seek support.

**Support in English and Chinese** – CCHRC provides mental health information in both English and Chinese, making it easier for everyone to get the help they need. Learn more here: [www.cchrhealth.org/mental-health-awareness](http://www.cchrhealth.org/mental-health-awareness)

**Talk to Your Doctor** – Some mental health services need approval first. Talk to your Primary Care Provider for a referral to see a mental health specialist if necessary.

**Community Support** – CCHRC connects individuals with community organizations that offer mental health support. Find a list of trusted organizations here: [www.cchrhealth.org/mental-health-resources-list](http://www.cchrhealth.org/mental-health-resources-list)

No one should feel alone. If you or someone you know needs help, reach out to a doctor or a trusted resource. Everyone deserves good mental health care!

## 少數民族心理健康意識

精神健康與身體健康同樣重要，然而，不少少數族裔人士在尋求精神健康支援方面卻面對重重挑戰。社會污名、語言障礙及資源匱乏等問題，令他們難以獲得所需協助。

**談論心理健康** - 不少人因感到羞恥或害怕而卻於尋求協助。然而，精神健康乃整體健康之重要一環，坦誠表達情緒及尋求支援並非軟弱之舉。

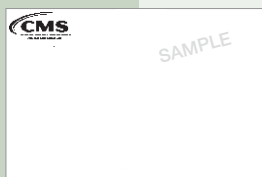
**中英雙語支援** - 華人社區健康資源中心提供中雙語精神健康資訊，方便不同人士獲得所需協助。了解更多：[www.cchrhealth.org/tw/mental-health-awareness](http://www.cchrhealth.org/tw/mental-health-awareness)

**諮詢醫生** - 部分精神健康服務或需事先獲得批准。如有需要，請諮詢您的家庭醫生，以便轉介至精神健康專科醫生。

**社區支援** - 華人社區健康資源中心協助有需要人士聯繫提供精神健康支援的社區組織。請瀏覽以下網址尋找可靠的機構：[www.cchrhealth.org/tw/mental-health-resources-list](http://www.cchrhealth.org/tw/mental-health-resources-list)

任何人都不應感到孤單無助。如您或您身邊的人需要協助，請向醫生或可靠機構求助。人人皆應享有良好的精神健康！

Source 資料來源：<https://www.cdc.gov/minority-health/features/minority-mental-health.html>



## Don't ignore the surveys, your voice matters!

Here at CCHP we use a Member Experience Survey called **CAHPS** (Consumer Assessment of Healthcare Providers and Systems). The results from the survey are used to evaluate your care and your experience. Your feedback is important – if you received a survey to share your experience about the care and services you received, we urge you to complete them.

**Remember the 3 R's**  
**RECEIVE – RESPOND – RETURN**

## 請勿忽略問卷調查，您的意見至關重要！

CCHP 採用名為 **CAHPS**（醫療服務提供者及系統消費者評估）的會員體驗調查問卷。問卷調查結果將用於評估您的護理及體驗。您的回饋非常重要 – 請分享您所接受的護理及服務體驗，我們懇請您填寫及交回問卷。

**緊記 3 個原則**  
**接收 – 回應 – 交回**



# COMMUNITY HEALTH PROGRAM 社區健康計劃



## Chinese Hospital's Diabetes Prevention Program

Diabetes is a growing health concern, but the good news is that type 2 diabetes can often be prevented. Chinese Hospital offers CDC-Recognized Diabetes Prevention Program, designed to help individuals at risk make sustainable lifestyle changes to lower their chances of developing diabetes.

### This evidence-based program provides:

- **Structured Support:** 16 weekly sessions followed by 6 monthly maintenance sessions.
- **Expert Guidance:** Led by a trained lifestyle coach covering weight management, physical activity, and stress reduction.
- **A Supportive Community:** Connect with like-minded participants for motivation and encouragement.

### Meet Our New Registered Dietitian

We are excited to welcome **Jun Han, MPH, RD**, to our team! With extensive experience in nutrition and chronic disease management, Jun is passionate about helping individuals make informed food choices to improve their health. Whether managing diabetes or enhancing overall wellness, Jun provides personalized nutrition counseling to support long-term well-being.

If you or someone you know is at risk for diabetes, don't wait to take action. For more information or to register, call **1-628-228-2828**.

## 東華醫院糖尿病預防計劃

糖尿病2型是可以預防的，健康的生活方式能有效降低患病風險。東華醫院提供美國疾病控制與預防中心（CDC）認證的糖尿病預防計劃，幫助高風險族群掌握健康管理技巧，積極預防糖尿病。

### 計劃重點：

- 首16節課為每週一次，後6節課為每月一次
- 專業教練會為您提供生活指導，包括減輕體重、增加活動量及舒緩壓力的方法
- 獲得其他志同道合參加者的支持及鼓勵

### 識東華醫院新註冊營養師

為了進一步提升營養與健康管理服務，我們歡迎註冊營養師**韓珺 (Jun Han, MPH, RD)** 加入我們的團隊。韓珺擁有營養學及公共衛生碩士學位，專精於糖尿病及慢性病管理，並致力透過個人化營養指導，幫助病人改善飲食習慣，提升健康品質。

預防勝於治療！如果您或您的家人有糖尿病風險，現在就是改變的最佳時機！欲了解詳情或報名，請致電 **1-628-228-2828**。

**Jun Han, MPH, RD**  
韓珺註冊營養師



**CHINESE  
HOSPITAL**



CHINESE  
HOSPITAL

## Hepatitis Awareness Month

Hepatitis is a disease that harms the liver. It can make people very sick, but many don't know they have it. May is Hepatitis Awareness Month, a great time to learn how to stay safe.

### Hepatitis Facts –

- Hepatitis A spreads through food or water with the virus.
- Hepatitis B spreads through blood, body fluids, or from mother to baby.
- Hepatitis C spreads by sharing needles or unclean medical tools.

**Get Tested & Stay Healthy –** Testing helps find hepatitis early so it can be treated.

**Vaccines Protect You –** Hepatitis A and B vaccines can help prevent infection. Balance & CCHP covers these vaccines.

**Health Equity Matters –** Hepatitis affects immigrant communities, people of color, and those who have a harder time getting healthcare. Many face challenges like cost, lack of information, or limited access to doctors. Making testing and treatment more affordable can help.

### Where to Get Help –

#### • Chinese Hospital and Clinics

Chinese Hospital offers evaluations, blood tests, and advanced imaging to ensure early and accurate diagnosis, even for those without symptoms. Our personalized treatment plans include antiviral therapy, regular monitoring, and holistic support such as nutritional counseling and mental health services. With a multilingual team and dedicated care coordinators, we ensure compassionate, culturally sensitive care for every patient. To learn more or schedule a consultation, call **1-628-228-2828**.

#### • Liver Health Information

[www.cchrhealth.org/liver-health](http://www.cchrhealth.org/liver-health)

## 肝炎關注月

肝炎是一種影響肝臟的疾病，可導致嚴重健康問題，但很多人卻不知道自己已受感染。五月是肝炎關注月，讓我們提高對肝炎的認識，學習如何保護肝臟健康。

### 肝炎知多少 –

- 甲型肝炎經由受污染之食物或水源傳播。
- 乙型肝炎經由血液、體液傳播，或由母體傳染嬰兒。
- 丙型肝炎經由共用針頭或不潔醫療器材傳播。

**及早檢測，護肝健體 –** 檢測有助及早發現肝炎，以便及早治療，確保肝臟健康。

**疫苗護身，預防肝炎 –** 甲型及乙型肝炎疫苗能有效預防感染。Balance 及 CCHP 均承保疫苗接種服務。

**健康公平至關重要 –** 肝炎對移民社群、少數族裔，及醫療資源不足的社區影響最為顯著。他們往往面對諸如醫療費用高昂、資訊不足，或求醫途徑有限等挑戰。降低檢測及治療費用將有助改善情況。

### 求助資訊 –

#### • 東華醫院及診

東華醫院提供全面評估、血液檢驗，及先進影像診斷，確保即使無症狀者亦能及早獲得準確診斷。本院提供個人化治療方案，包括抗病毒治療、定期監察，以及全方位支援，例如營養諮詢及精神健康服務。我們的多語言團隊及專責護理協調員，致力為每位病人提供關懷備至、具文化敏感度的護理服務。如欲了解更多或預約諮詢，請致電**1-628-228-2828**。

#### • 肝臟健康資訊

[www.cchrhealth.org/tw/liver-health](http://www.cchrhealth.org/tw/liver-health)



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](mailto:Info@CCHPHHealthPlan.com). Electronic copies are available online at:

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[www.cchrhealth.org/cchp-newsletters](http://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](mailto:Info@CCHPHHealthPlan.com) 或上網瀏覽：  
[www.cchphealthplan.com/zh-TW/community-newsletter](http://www.cchphealthplan.com/zh-TW/community-newsletter)  
[www.cchrhealth.org/tw/cchp-newsletters](http://www.cchrhealth.org/tw/cchp-newsletters)

## Join Our Member Advisory Committee!

加入我們的  
會員諮詢委員會！

**CCHP & Balance** value our members' voices and insights. Our Member Advisory Committee meets quarterly to share feedback and help us improve our services. Your experiences and suggestions can make a real difference.

**CCHP** 及 **Balance** 非常重視會員的聲音及見解。我們的會員諮詢委員會每季都會舉行會議分享意見，從而提升我們的服務品質，帶來真正的改變。



If you're interested  
or for more details  
如有興趣或想了解更多



[MemberServices@CCHPHHealthPlan.com](mailto:MemberServices@CCHPHHealthPlan.com)

### IMPORTANT CONTACTS 重要聯絡資料



CHINESE  
HOSPITAL  
& CLINICS



CCHP Member Services CCHP 會員服務	CCHP Member Services Center - Chinatown CCHP 會員服務中心 - 華埠 445 Grant Ave, San Francisco <a href="http://www.CCHPHHealthPlan.com">www.CCHPHHealthPlan.com</a>	1-888-775-7888	Sunset Health Services 日落區華康醫務中心 1800 31st Ave, San Francisco <a href="http://www.chinesehospital-sf.org">www.chinesehospital-sf.org</a>	1-415-677-2388
	CCHP Member Services Center - Daly City CCHP 會員服務中心 - 帝利市 386 Gellert Blvd, Daly City <a href="http://www.CCHPHHealthPlan.com">www.CCHPHHealthPlan.com</a>	1-888-775-7888		Excelsior Health Services 外米慎區華康醫務中心 888 Paris St, #202, San Francisco <a href="http://www.chinesehospital-sf.org">www.chinesehospital-sf.org</a>
Health Education 健康教育	Chinese Community Health Resource Center 華人社區健康資源中心 818 Jackson St, Unit 301, San Francisco <a href="http://www.cchrhealth.org">www.cchrhealth.org</a>	1-415-677-2473	Gellert Health Services Gellert 華康醫務中心 386 Gellert Blvd, Daly City <a href="http://www.chinesehospital-sf.org">www.chinesehospital-sf.org</a>	1-650-761-3500
Chinese Hospital 東華醫院	Chinese Hospital 東華醫院 845 Jackson St, San Francisco <a href="http://www.chinesehospital-sf.org">www.chinesehospital-sf.org</a>	1-415-982-2400	East West Health Services - Chinatown/Financial District 中西醫學門診 - 華埠/金融區 445 Grant Ave, Ground Floor, San Francisco <a href="http://www.chewhs.org">www.chewhs.org</a>	1-415-795-8100
	Support Health Services 東華醫院健康服務中心 845 Jackson St, Floor B1, San Francisco <a href="http://www.chinesehospital-sf.org">www.chinesehospital-sf.org</a>	1-415-677-2370	East West Health Services - Excelsior 中西醫學門診 - 外米慎區 888 Paris St, #202, San Francisco <a href="http://www.chewhs.org">www.chewhs.org</a>	1-628-228-2280
	Chinese Hospital Outpatient Center 東華醫院門診中心 386 Gellert Blvd, Daly City <a href="http://www.chinesehospital-sf.org">www.chinesehospital-sf.org</a>	1-650-761-3500	East West Health Services - Daly City 中西醫學門診 - 帝利市 386 Gellert Blvd, Daly City <a href="http://www.chewhs.org">www.chewhs.org</a>	1-650-761-3542

Chinese Hospital Clinics  
東華醫院門診中心