

CHINESE HOSPITAL HEALTH SYSTEM

# Health

東華醫院醫療體系健康季刊

# News

2025 OCTOBER - DECEMBER | 十月至十二月



**Get your Fall Vaccines**  
 接種秋季疫苗

**New Pediatric Mental Health Services**  
 全新兒科心理健康服務

**Lung Cancer Awareness Month**  
 迎接「肺癌關注月」



# MEMBER & PATIENT NEWS

## 會員及病人資訊



### A Better Way to Get Your Medications – Try Mail Order Pharmacy

CCHP is partnered with Birdi, formerly known as MedImpact's Direct Mail Program, to provide free home delivery of maintenance medications for both Balance and Medicare Advantage members.

#### Why use Birdi Mail-Order Pharmacy?

- 1. Free delivery** – No additional cost for using the mail-order pharmacy.
- 2. Convenience and Save Time** - Avoid long pharmacy lines and delays. Receive up to a 90-day supply of your maintenance medications delivered directly to your home.
- 3. Save Money** – Save 1 copay; pay 2 copays for a 90-day supply for most non-specialty medications.
- 4. Stay on Schedule** – Get automatic refill reminders and set up optional automatic refills.

#### How to enroll and more information on our website:



**Balance members:**  
[BalanceByCCHP.com/mail-order-prescription](https://BalanceByCCHP.com/mail-order-prescription)



**Medicare members:**  
[CCHPHealthPlan.com/mail-order-prescription](https://CCHPHealthPlan.com/mail-order-prescription)

#### Need Help or Have Questions for Birdi?

**Call Birdi: 1-855-247-3479 (TTY 711)**

Mon to Fri: 5am – 5pm, Sat: 6am – 2pm

**Email: [patientcare@birdirx.com](mailto:patientcare@birdirx.com)**

If you have any questions or need additional assistance, please contact CCHP Member Services at 1-888-775-7888 (TTY 1-877-681-8898) October 1 - March 31 | 7 days a week, 8 a.m. – 8 p.m. April 1 - September 30 | Mondays - Fridays, 8 a.m. – 8 p.m.

**birdi**<sup>TM</sup>  
**Rx Mail Order**



### 更方便的取藥方法 —— 試用郵遞藥房服務

CCHP 與 Birdi (前稱 MedImpact 的藥物郵遞服務) 合作, 為 Balance 及聯邦保健優惠計劃會員提供免費的處方藥物郵遞服務。

#### 為何選用 Birdi 郵遞藥房?

- 1. 免費送藥:** 使用郵遞藥房服務無需額外費用。
- 2. 方便快捷:** 無需再到藥房排隊, 最多可一次過獲得 90 日劑量的處方藥物, 直接送到府上。
- 3. 慳錢:** 大部分非專科藥物, 只需 2 次自付費用即可獲得 90 日劑量, 等同節省 1 次自付費用。
- 4. 準時服藥:** 系統會自動提示補藥, 亦可選擇開啟自動補充服務, 確保準時服藥。

如何登記及獲取更多資訊, 請瀏覽我們的網站:



**Balance 會員:**  
[BalanceByCCHP.com/mail-order-prescription](https://BalanceByCCHP.com/mail-order-prescription)



**聯邦保健會員:**  
[CCHPHealthPlan.com/zh-TW/mail-order-prescription](https://CCHPHealthPlan.com/zh-TW/mail-order-prescription)

#### 需要協助或對 Birdi 有疑問?

**請致電 Birdi: 1-855-247-3479 (聽障專線 711)**

星期一至五: 上午 5 時至下午 5 時,

星期六: 上午 6 時至下午 2 時。

**電郵: [patientcare@birdirx.com](mailto:patientcare@birdirx.com)**

如有任何疑問或需要額外協助, 請聯絡會員服務部:  
電話: 1-888-775-7888 (聽障專線 1-877-681-8898)

10月1日至3月31日 | 每日上午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



## Stay Healthy This Fall: Get Your Vaccines

As cooler weather approaches, illnesses like flu, COVID-19, and RSV tend to rise. Vaccines are one of the best ways to protect yourself, your family, and your community from serious illness. The CDC has updated its recommendations, and here's what you need to know.

### FLU VACCINE

#### Who should get it?

- Everyone 6 months and older should receive a flu shot every year. (1)

#### Why it matters:

- The flu vaccine reduces your risk of illness and helps prevent severe complications, especially for older adults, young children, and those with chronic health conditions.

### COVID-19 VACCINE (2025–26 UPDATE)

#### Who should get it?

- Adults 65 and older
- People ages 6 months and older who are at high risk for severe COVID-19 (2)
- Children 6 months and older may get vaccinated after discussion with their healthcare provider (3)

#### What's new?

- Updated vaccines will be available early this fall and target the latest virus strains.
- Immunocompromised individuals should continue with multiple doses as advised by their doctor.

### RSV VACCINE

#### Who should get it?

- Adults 75 years and older (4)
- Adults ages 50 - 74 (4) and a small group of young children (ages 8-19 months) who are at increased risk of severe RSV disease (5)
- Infants whose mother did not receive RSV vaccine during pregnancy. (5)

#### Important Notes: (4)

- The RSV vaccine is not annual. If you received it last year, you do not need another dose this year.
- One dose provides protection for at least two years.

### WHERE TO GET VACCINATED

Appointments available at Chinese Hospital clinics in San Francisco and Daly City. Call 1-628-228-2828 to schedule your vaccines today! You can get flu and COVID vaccines during the same visit, and RSV vaccination can also be given at the same time if eligible. For more information on our locations, please visit [www.chinesehospital-sf.org/clinics](http://www.chinesehospital-sf.org/clinics).

Article provided by Chinese Hospital & Clinics. Disclaimer: This is a general guideline. Please consult with a healthcare professional for personalized recommendations.

**Reference 參考：** (1) <https://www.cdc.gov/flu/vaccines/vaccinations.html> . (2) <https://www.cdc.gov/covid/vaccines/immunocompromised-people.html>. (3) <https://www.cdc.gov/acip/evidence-to-recommendations/covid-19-moderna-pfizer-children-vaccine-etr.html>. (4) <https://www.cdc.gov/rsv/vaccines/adults.html>. (5) <https://www.cdc.gov/rsv/vaccines/protect-infants.html>

## 秋季保健貼士：記得接種疫苗

天氣轉涼，流感、新冠病毒及呼吸道合胞病毒等呼吸道疾病亦開始增加。疫苗是預防嚴重疾病、保護自己、家人及社區的有效方法之一。美國疾病控制與預防中心已更新其疫苗接種建議，以下是您需要知道的重點：

### 流感疫苗

#### 建議接種對象：

- 所有人士，年滿 6 個月或以上，每年應接種一次流感針。(1)

#### 接種原因：

- 流感疫苗能有效降低患病風險，並減少嚴重併發症，對長者、幼童及長期病患者尤其重要。

### 新冠疫苗（2025–26 更新版）

#### 建議接種對象：

- 65 歲或以上長者
- 6 個月或以上、有較高風險人士 (2)
- 6 個月或以上幼童可與醫生商討後決定是否接種 (3)

#### 更新內容：

- 今年秋季將推出針對最新病毒株的升級疫苗。
- 免疫力較弱者應繼續根據醫生建議接種多劑疫苗。

### 呼吸道合胞病毒疫苗

#### 建議接種對象：

- 75 歲或以上人士 (4)
- 有特定健康風險的 50 至 74 歲之間之成人及部分高風險幼童 (8–19 個月大) (5)
- 嬰兒的母親在懷孕期間未接種呼吸道合胞病毒疫苗 (5)

#### 重要事項：

- 呼吸道合胞病毒疫苗並非每年需要接種。如您去年已接種，今年毋須再次接種。
- 一劑疫苗可提供最少兩年保護。

### 到哪裡接種疫苗？

華康醫務中心現於三藩市及帝利市提供疫苗接種服務。請致電 1-628-228-2828 預約！流感與新冠疫苗可於同一次就診時同時接種，如您符合資格，亦可同時接種 RSV 疫苗。查詢更多診所地址及資料，請瀏覽：[www.chinesehospital-sf.org/zh-hant/clinics](http://www.chinesehospital-sf.org/zh-hant/clinics)。

本文由東華醫院及診所提供。免責聲明：本指南僅供參考。如需個人化建議，請諮詢專業醫護人員。

# INTEGRATED & HOLISTIC CARE

## 綜合及整體護理



### Chinese Herb Highlight: Luóhànguǒ

Luóhànguǒ, also known as Monkfruit, is a specialty from Guilin, Guangxi, China. The name was first mentioned in the records of 13th-century Chinese monks.

In Traditional Chinese Medicine (TCM), Luóhànguǒ is a cool, sweet herb linked to the lung and large intestine channels. It moistens the lungs, soothes coughs, reduces phlegm, and eases sore throats. It's often enjoyed as a refreshing tea in warm weather.

Luóhànguǒ also helps digestion and reduces constipation. It has mogrosin, a natural sweetener safe for diabetics and those on low-carb diets. This makes it a good sugar substitute for drinks and desserts.

#### How to make Luóhànguǒ tea:

1. Rinse and break the fruit apart, keeping pulp and shell.
2. Boil with 4-5 cups of water.
3. Simmer for 15–30 minutes (the longer, the sweeter).
4. Strain and enjoy hot or cold.

#### Avoid if you have:

Stomach pain, diarrhea, chills, fatigue, pregnancy, menstruation, or allergies.

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

*Article provided by Lykos Yang, L.Ac., licensed acupuncturist at Chinese Hospital East West Health Services. This article provides general guidance. For personalized advice, please consult a licensed TCM practitioner.*

### 中草藥介紹：羅漢果

羅漢果，俗稱神仙果，是中國廣西桂林的特產。據記載，早在十三世紀已有中國僧人記錄羅漢果的使用。

在傳統中醫學 (TCM) 中，羅漢果是一種性涼及味甘的草藥。它與肺部及大腸經有關。羅漢果能潤肺、止咳、化痰及舒緩喉嚨痛，特別適合在天氣炎熱時用作清涼飲品。

羅漢果亦有助消化及改善便秘。當中的羅漢果苷是一種天然甜味劑，不會影響血糖。對糖尿病患者或低碳飲食人士是理想的代糖選擇，可用於飲品及甜品中。

#### 羅漢果茶沖泡方法：

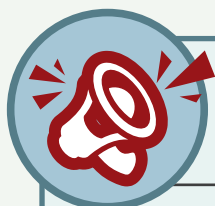
1. 用清水沖洗羅漢果，然後掰開果實，保留果肉及果殼。
2. 加入約 4 至 5 杯水一起煲滾。
3. 轉中小火煲 15 至 30 分鐘 (時間愈長，甜味愈濃)。
4. 隔渣後可熱飲或冷飲。

#### 如有以下情況，應避免飲用：

胃寒腹痛、腹瀉、畏冷、疲倦、懷孕或經期中、已知對羅漢果過敏。

以上僅為一般資料，建議諮詢註冊中醫師，根據個人情況選用適合的中藥材。

本文由東華醫院中西醫學門診的執業針灸中醫師楊振緯提供。本文為一般建議，請與執業針灸中醫師討論最適合您的方案。



CCHP  
Health Plan

Balance  
by CCHP



**We are committed to continuously improving and would greatly appreciate your feedback.**

我們致力不斷提升服務質素，感謝您的寶貴意見。

Please take a moment to complete this survey and share your insights on the information that we provide through the phone and/or our website.

花不到三分鐘便可完成這份問卷，請分享您對我們透過電話和/或網站所提供資訊的看法。

SCAN TO PARTICIPATE  
掃描填寫調查問卷



# EAT WELL, LIVE WELL RECIPE

## 有「營」食譜



### Autumn Harvest Veggie Bowl with Citrus-Ginger Dressing

In the Bay Area, autumn and winter bring hearty vegetables and bright citrus fruits. These seasonal ingredients not only taste great but also provide essential nutrients to support immunity and energy during cooler months. This veggie bowl is warm, colorful, and inspired by Chinese home cooking—light yet nourishing, and perfect for family meals.

#### Why It's Good for You:

- **Winter Squash (kabocha or butternut)** – Excellent source of vitamin A for vision and immunity
- **Carrots** – Rich in beta-carotene and antioxidants
- **Brussels Sprouts** – Provide vitamin C and fiber for digestive and immune health
- **Citrus (mandarin or orange)** – Boosts vitamin C and adds refreshing flavor
- **Ginger** – Supports circulation and digestion
- **Olive oil** – Heart-healthy fat that aids nutrient absorption

#### Ingredients (Serves 2–3):

- 1 small kabocha or butternut squash, cubed
- 2 carrots, sliced
- 1 cup Brussels sprouts, halved
- 1½ tsp olive oil
- Salt & white pepper to taste
- 2 cups leafy greens (kale, napa cabbage, or chard)
- 1 mandarin orange, peeled and segmented
- 1 cup cooked brown rice or quinoa

#### Dressing:

- Juice and zest of ½ orange
- 1 tsp fresh ginger, finely grated
- 1 tsp sesame oil or olive oil
- Optional: ½ tsp low-sodium soy sauce

#### Instructions:

1. Preheat oven to 400°F (200°C). Toss squash, carrots, and Brussels sprouts with olive oil, salt, and pepper. Roast for 20–25 minutes until tender.
2. Whisk dressing ingredients in a small bowl.
3. Arrange greens and cooked rice/quinoa in bowls. Top with roasted vegetables and citrus segments.
4. Drizzle with dressing before serving.

#### Estimated Nutrition (Per Serving):

每份材料估計含  
以下營養：

Calories 卡路里：280-315 kcal  
Protein 蛋白質：7 g  
Carbohydrates 碳水化合物：50 g  
Dietary Fiber 食用纖維：10 g

Fat 脂肪：8 g  
(mostly unsaturated 大部分為不飽和脂肪)  
Sodium 鈉：~40-65 mg  
(low-sodium soy sauce 含可選的低鈉醬)

### 柑橘薑汁拌秋季鮮蔬

在灣區，秋冬季節帶來了豐富的蔬菜和清新的柑橘水果。這些時令食材不僅味道鮮美，還提供了增強免疫力和補充能量的重要營養。這個蔬菜碗溫暖、色彩豐富，靈感來自中式家常料理——清淡而滋養，非常適合家庭餐桌。

#### 營養價值分析：

- **南瓜 (日本南瓜或奶油南瓜)** - 含有豐富維生素A，有助於視力和免疫力
- **紅蘿蔔** - 富含β-胡蘿蔔素和抗氧化物
- **孢子甘藍** - 提供維生素 C 和膳食纖維，有助消化和免疫健康
- **柑橘類水果 (如柑或橙)** - 補充維生素C，清新爽口
- **薑** - 促進血液循環和幫助消化
- **橄欖油** - 有益心臟健康的脂肪，幫助營養吸收

#### 材料 (2–3人份)：

- 1個小南瓜 (日式南瓜或奶油南瓜)，切塊
- 2根胡蘿蔔，切片
- 1杯孢子甘藍，對半切開
- 1½ 茶匙橄欖油
- 適量鹽和白胡椒
- 2杯綠葉菜 (羽衣甘藍、大白菜或瑞士甜菜)
- 1個橘子，去皮分瓣
- 1杯熟糙米或藜麥

#### 醬汁：

- 半顆橙汁和橙皮
- 1茶匙新鮮薑末
- 1茶匙芝麻油或橄欖油
- 可選：½ 茶匙低鈉醬油

#### 做法：

1. 烤爐預熱至 400°F (200°C)。將南瓜、紅蘿蔔和孢子甘藍與橄欖油、鹽和胡椒拌勻，烤 20–25 分鐘至軟嫩。
2. 小碗中混合調醬食材。
3. 碗中鋪上綠葉菜和糙米/藜麥，放上烤好的蔬菜和橘子瓣。
4. 淋上柑橘薑汁醬後即可食用。



## NOVEMBER IS LUNG CANCER AWARENESS MONTH



### Lung Cancer Awareness Month

November is Lung Cancer Awareness Month, highlighting risks, new research, treatment options, and support for patients and families. Lung cancer remains the deadliest cancer worldwide, with an estimated 226,650 new cases and 124,730 deaths in the U.S. in 2025. While smoking is the leading cause, 1 in 5 cases occur in non-smokers—reminding us all to protect our lungs.

#### Jack Lee Fong Family Lung Health Challenge

Former trustee Jack Lee Fong established a \$250,000 Matching Gift Challenge in 2022 in memory of his daughter-in-law, Joan Chen Fong, who passed away from lung cancer at 59. The fund supports awareness and early detection programs in our community, where early detection greatly improves outcomes.

#### Chinese Hospital is a Center of Excellence

In 2024, Chinese Hospital was recognized by GO2 for Lung Cancer as a Center of Excellence for its commitment to evidence-based screening. Through low-dose CT scans, we can now detect lung cancer earlier, when treatment is most effective

#### Join us

Support the Jack Lee Fong Family Lung Health Challenge and help our community breathe easier.

### 肺癌關注月

十一月是肺癌關注月，重點提升大眾對風險、最新研究、治療選擇及病人支援的認識。肺癌仍是全球最致命的癌症，2025年美國預計將有約226,650宗新症及124,730宗死亡個案。雖然吸煙是主要成因，但約五分之一的新症患者從未吸煙，提醒我們每個人都要關注肺部健康。

#### Jack Lee Fong 家族肺部健康挑戰計劃

前東華醫院董事方創傑於2022年設立25萬美元配對捐款挑戰，以紀念因肺癌於59歲離世的媳婦Joan Chen Fong。此基金支持社區的肺癌認知及早期檢查工作，因早期發現能大大提升治療效果。

#### 東華醫院獲選為卓越中心

在2024年，東華醫院被肺癌全球行動組織(GO2 for Lung Cancer) 評為肺癌檢查卓越中心，以表彰我們對早期肺癌檢測的承諾。通過與放射部的緊密合作，我們的團隊提供低劑量電腦斷層掃描，這是目前唯一經證實可早期發現肺癌的檢查方法。

#### 支持

「方創傑家族肺部健康挑戰賽」，齊心為社區帶來更清新的呼吸空間。



SCAN TO DONATE  
掃描進行捐款



**CCHP has a special Care Team made up of nurses and social workers who give extra help to our members.** They guide people through the healthcare system, teach about healthy habits, and support members in reaching their health goals.

#### We offer different care programs, such as:

- Help after leaving the hospital
- Support for long-term health problems
- Extra care for members with many health needs
- Special programs for members with unique needs
- Services like ECM (Enhanced Care Management)

**This program is free for members and does not change their regular benefits.**



**CCHP設有專責的護理協調團隊，由註冊護士及醫務社工組成，為會員提供個人化的支援服務。**團隊專長於健康指導、慢性疾病管理，以及協助會員掌握醫療系統運作，從而協助會員達成健康目標。

#### 我們提供多項護理管理計劃，包括：

- 出院後跟進護理
- 慢性疾病管理
- 複雜個案管理
- 特別個案支援
- 類似 ECM (增強護理管理) 的個案服務

**此計劃完全免費，並不會影響會員原有的醫療保障。**

To connect your Care Team 如欲聯絡我們的護理協調團隊：

☎ 1-629-228-3333 | ✉ care.coordination@cchphealthplan.com

# MENTAL & BEHAVIORAL HEALTH SUPPORT 心理與行為健康支援服務



## New Pediatric Mental Health Services at Chinese Hospital & Clinics

### Providing Trusted Care for Families in Daly City

More children and families are seeking help for emotional and behavioral health concerns but access to timely, trusted mental health care remains a challenge. In response, Chinese Hospital is proud to introduce a new pediatric mental health collaboration with the Kalmanovitz Child Development Center (KCDC), bringing expert care directly to our Gellert Health Services (GHS) in Daly City.

### Meet Dr. Icarus Tsang - Clinical Psychologist & Neuropsychologist

Leading this new effort is Dr. Icarus Tsang, a Clinical Psychologist and Neuropsychologist from KCDC in San Francisco. Dr. Tsang brings deep expertise in child development and provides care for a wide range of concerns, from anxiety and attention issues to learning differences and behavioral concerns. In addition, Dr. Tsang offers care in Cantonese, Mandarin, and English, helping families feel heard and supported in their preferred language.

Dr. Tsang works alongside Dr. Lyra Ng, the primary pediatrician at GHS. Their collaboration means families can receive both physical and mental health care in the same location, in a familiar, welcoming environment. And with on-site private parking, visiting the clinic is easy and convenient.

### Now Accepting Appointments

We are excited to welcome Dr. Tsang to Gellert Health Services! If your child is experiencing emotional or behavioral challenges, help is now just a phone call away. Call 1-628-228-2828 to schedule an appointment today.

Article provided by Chinese Hospital & Clinics.

Dr. Icarus Tsang



CHINESE  
HOSPITAL  
& CLINICS



Dr. Lyra Ng

## 東華醫院全新兒科心理健康服務： 為帝利市家庭提供可信賴的支援

近年來，需要情緒與行為健康支援的兒童及家人數持續增加，但要及時獲得可靠的心理健康護理依然充滿挑戰。為回應社區需求，東華醫院宣布與三藩市 Kalmanovitz Child Development Center (KCDC) 合作，在位於帝利市的 Gellert 華康醫務中心引入全新的兒科心理健康服務，讓專業護理走進社區、貼近家庭。

### 認識 Dr. Icarus Tsang - 臨床心理學家及神經心理學家

這項嶄新服務由 KCDC 的 Dr. Icarus Tsang 領導。曾博士在兒童發展領域擁有豐富經驗，能協助處理多種問題，包括焦慮、注意力不足、學習差異及行為問題等。此外，曾博士精通粵語、國語及英語，讓家庭能以最熟悉、最舒適的語言進行溝通，確保獲得充分理解與支援。

曾博士會與 Gellert 華康醫務中心的首席兒科醫生伍韻琴醫生緊密合作。這意味著病人及家庭可以在同一地點，同時獲得身心健康護理，省卻往返多處就診的麻煩。診所亦設有私人停車場，方便家長與小朋友前往。

### 現正接受預約

Gellert 華康醫務中心誠摯歡迎 Dr. Icarus Tsang 的加入！如果您的子女正面臨情緒或行為方面的挑戰，專業協助就在您的身邊。請即致電 1-628-228-2828 預約諮詢。

資訊由東華醫院及診所提供。

# Health, Wellness, Fitness, and Educational Class Schedule

Check for updates on classes at [www.cchphealthplan.com/classes-and-events](http://www.cchphealthplan.com/classes-and-events) or scan the code.



2025  
Q4  
OCT-DEC

## 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 CLASS  REGISTRATION 1-415-677-2473	10/9/2025	Thur	1:00pm	2:30pm	•			Breast Cancer and Cancer Awareness	<ul style="list-style-type: none"> <li>Understanding risk factors, prevention and early detection</li> <li>Recognizing warning signs, avoiding carcinogens, and adopting healthy habits</li> </ul>
	10/14/2025	Tue	1:00pm	2:30pm	•			Arthritis Management + Pain Management	<ul style="list-style-type: none"> <li>What is arthritis?</li> <li>How to treat arthritis?</li> <li>Common causes of pain</li> <li>How to prevent and manage pain?</li> <li>Medication and self-care techniques</li> </ul>
	11/6/2025	Thur	1:00pm	2:30pm	•			Infection Control	<ul style="list-style-type: none"> <li>Common diseases, halting transmission, personal hygiene</li> </ul>
	11/18/2025	Tue	1:00pm	2:30pm	•			Digestive Health	<ul style="list-style-type: none"> <li>Common issues, prevention, treatment of digestive problems</li> </ul>
	12/4/2025	Thur	1:00pm	2:30pm	•			Anxiety	<ul style="list-style-type: none"> <li>What is anxiety?</li> <li>How do we get anxiety?</li> </ul>
	12/16/2025	Tue	1:00pm	2:30pm	•			Osteoporosis	<ul style="list-style-type: none"> <li>What is osteoporosis?</li> <li>How to prevent and treat osteoporosis</li> </ul>
ONLINE CLASS  REGISTRATION 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, Balance members and Chinese Hospital Health Services patients, \$220 for everyone else).</p> <p>Note: Dates and times are subject to change.</p>

## PERINATAL CLASSES

CLASSES PROVIDED BY CHINESE HOSPITAL | Registration: 1-415-677-2458



ONLINE CLASS  REGISTRATION 1-415-677-2458	CALL FOR APPOINTMENTS	Mon Thur	1:30pm	2:30pm	•	•		Preparing for Babies	<ul style="list-style-type: none"> <li>How to get your home ready for your baby</li> <li>What to expect at the hospital after the baby is born</li> <li>How to care for the baby when you go home</li> <li>Oral care and breastfeeding</li> </ul>
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## FITNESS CLASSES

CHA WELLNESS PROGRAM | FOR CCHP & BALANCE MEMBER ONLY  
Registration: 1-415-677-2458 | [wellness@chasf.org](mailto:wellness@chasf.org)



LOCATION	DATE	DAY	TIME		LANGUAGE			CLASS	LEARNING OBJECTIVES
			START	END	E	C	M		
ONLINE CLASS  REGISTRATION 1-415-677-2458	10/2, 10/9, 10/16 10/23, 10/30, 11/6 11/13, 11/20, 12/4 12/11, 12/18	Thur	11:00am	12:00pm	•	•	•	Tai Chi (All Levels)	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 REGISTRATION 1-415-677-2458  COVID vaccination and masking are strongly recommended for all YMCA classes.	10/7, 10/14, 10/28 11/4, 11/11, 11/18 11/25, 12/2, 12/9 12/16	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.
	10/3, 10/10, 10/17 10/24, 10/31, 11/7 11/14, 11/21, 12/5 12/12, 12/19	Fri	11:00am	12:00pm	•	•		Yoga (All Levels)	Develop strength, flexibility, breathing, alignment, and relaxation. Mixed level class. No previous experience is required. Bring a yoga mat or towel.

■ Health Education Class Fee: FREE
 ■ National Diabetes Prevention Program
 ■ Perinatal Class
 ■ Online Fitness Class
 ■ In-Person Fitness Class: Chinatown YMCA | 855 Sacramento Street, San Francisco, CA 94108 Fee: FREE for members

**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. COVID vaccination and masking are strongly recommended for all YMCA classes.

# 健康講座及健身課程時間表

上網或掃描二維碼查看健身班及健康講座的最新資訊：[www.cchphealthplan.com/zh-TW/classes-and-events](http://www.cchphealthplan.com/zh-TW/classes-and-events)



2025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 報名： 1-415-677-2473	10/9/2025	星期四	10:00am	11:30am		•		乳癌和癌症認識	<ul style="list-style-type: none"><li>了解危險因素、預防和早期發現的重要性</li><li>識別警告信號、避免致癌物質和養成健康的習慣</li></ul>
	10/14/2025	星期二	10:00am	11:30am		•		關節炎教育 + 處理疼痛	<ul style="list-style-type: none"><li>甚麼是關節炎?</li><li>怎樣治理關節炎?</li><li>疼痛的常見原因</li><li>如何預防和管理疼痛?</li><li>藥物治療和自我護理方法</li></ul>
	11/6/2025	星期四	10:00am	11:30am		•		預防感染	<ul style="list-style-type: none"><li>染病、阻止疾病傳播、保持個人衛生</li></ul>
	11/18/2025	星期二	10:00am	11:30am		•		腸胃健康	<ul style="list-style-type: none"><li>常見問題，腸胃問題的預防與治療</li></ul>
	12/4/2025	星期四	10:00am	11:30am		•		焦慮症	<ul style="list-style-type: none"><li>甚麼是焦慮症?</li><li>我們如何得焦慮症?</li></ul>
	12/16/2025	星期二	10:00am	11:30am		•		骨質疏鬆症	<ul style="list-style-type: none"><li>甚麼是骨質疏鬆症?</li><li>如何預防和治療骨質疏鬆症</li></ul>
網上視像課程 報名： 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，預防和延緩二型糖尿病的發病。此課程對 CCHP、Balance 會員及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：日期與時間可能會有所調整。

## 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 報名： 1-415-677-2458	請來電預約	星期一 星期四	1:30pm	2:30pm		•		新生兒護理與健康指南	<ul style="list-style-type: none"><li>如何為新生兒做好居家準備</li><li>新生兒在醫院的注意事項</li><li>出院後如何照顧新生兒</li><li>新生兒的口腔護理及母乳哺育</li></ul>
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## 健身班時間表

課程由東華醫院提供 | 限於 CCHP 及 Balance 會員  
報名：1-415-677-2458 | [wellness@chasf.org](mailto: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		
網上健身班 報名： 1-415-677-2458	10/2, 10/9, 10/16 10/23, 10/30, 11/6 11/13, 11/20, 12/4 12/11, 12/18	星期四	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。
華埠青年會 親身授課健身班 報名： 1-415-677-2458  強烈建議參加華埠青年會課程人士佩戴口罩及接種新冠疫苗	10/7, 10/14, 10/28 11/4, 11/11, 11/18 11/25, 12/2, 12/9 12/16	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。
	10/3, 10/10, 10/17 10/24, 10/31, 11/7 11/14, 11/21, 12/5 12/12, 12/19	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，只需攜帶瑜珈墊或毛巾。

■ 健康講座  
費用：免費

■ 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  
費用：會員免費

■ 婦產及嬰兒講座

■ 網上健身班

備註：CCHP及Balance會員免費課程須事先報名。若報名人數少於5人，課程將被取消。日期與時間可能會有所調整。為確保所有會員皆有機會參與健身課程，每位會員每季度最多可註冊4節課程。對於其他有興趣的課程，會員可登記於等候名單，並等待通知。強烈建議參加親身授課者佩戴口罩及接種新冠疫苗。



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:

[www.cchphealthplan.com/community-newsletter](http://www.cchphealthplan.com/community-newsletter)  
[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)



**DIABETES**  
AWARENESS MONTH  
— NOVEMBER —  
糖尿病關注月

**SMART TIPS FOR PREVENTING DIABETES | 預防糖尿病貼士**

- Maintain healthy diet
- Exercise regularly
- Regular blood sugar testing
- Manage stress & sleep
- 保持健康飲食習慣
- 定期運動
- 定期檢查血糖
- 管理壓力與保持良好睡眠



**Chinese Hospital Diabetes Prevention Program**

We empower people with prediabetes to reverse their risk through healthy eating, physical activity, and lifestyle coaching.

**東華醫院糖尿病預防計劃**

我們致力協助糖尿病前期人士，透過健康飲食、身體活動與生活方式指導，降低患糖尿病的風險。

SCAN FOR MORE INFO  
掃碼了解更多



**IMPORTANT CONTACTS 重要聯絡資料**



CHINESE HOSPITAL & CLINICS



CCHP Health Plan



Balance by CCHP



Chinese Community Health Resource Center  
華人社區健康資源中心

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  
445 Grant Ave, San Francisco  
[www.cchphealthplan.com](http://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](http://www.cchphealthplan.com)

CCHP Member Services Center - Oakland 1-888-775-7888  
CCHP 會員服務中心 - 屋崙  
388 9th St, Suite #125, Oakland  
[www.cchphealthplan.com](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.chinesehospital-sf.org)

East West Health Services 1-415-795-8100  
- Chinatown/Financial District  
中西醫學門診 - 華埠/金融區  
445 Grant Ave, Ground Floor, San Francisco  
[www.chewhs.org](http://www.chewhs.org)

East West Health Services 1-628-228-2280  
- Excelsior  
中西醫學門診 - 外米慎區  
888 Paris St, #202, San Francisco  
[www.chewhs.org](http://www.chewhs.org)

East West Health Services 1-650-761-3542  
- Daly City  
中西醫學門診 - 帝利市  
386 Gellert Blvd, Daly City  
[www.chewhs.org](http://www.chewhs.org)