

CCHP
Health Plan

CARE BY CCHP
社區健康季刊



2020 Q3 | JULY - SEPT
第三季 | 七月至九月

Message from CCHP 寄語



CCHP wishes to let you know that we are with you.

We support our members and their families, as they are impacted by COVID-19.

We understand support goes beyond the need to prevent infection. We need to ensure that members have confidence that care needs will be met and that they have adequate, quality insurance during difficult times.

We know our members need accurate information to protect health. We are aware that there are concerns about how to maintain insurance, especially if jobs or income have changed.

CCHP wishes to assure our members that we will do everything possible to help them maintain coverage and provide them the best possible COVID-19 information.

If you have questions about your insurance, please call Member Services at **1-888-775-7888** (TTY 1-877-681-8898) or email **MemberServices@cchphealthplan.com**.

For COVID-19 information, please visit our website at **www.cchphealthplan.com**.

CCHP will always be a strong community partner. Members first.

CCHP與您共度時艱

我們知道疫情對每一位會員及其家人來說都是一個艱難的時期。在這個時期，我們會努力為會員提供有力後盾及支持，並確保所有會員都可獲得所需的護理及感到安心。

我們知道會員需要掌握正確的健康資訊來維持身體及心靈的健康。此外，有不少會員亦擔心因一時的經濟困難而失去保障。CCHP承諾會盡力幫助所有會員及其家人維持保障，並提供最正確的疫情資訊。

如您對保障有疑問，歡迎聯絡會員服務中心。電郵：**MemberServices@cchphealthplan.com**，電話：**1-888-775-7888**（聽力殘障人士請電 TTY 1-877-681-8898）。

有關疫情的最新資訊，歡迎瀏覽我們的網站：**www.cchphealthplan.com**。

CCHP以您為先，並與社區同行。

Message for Members

會員重要訊息



CCHP's Response to COVID-19

CCHP is proactively taking action to ensure continuity of coverage – so members can continue to receive care and medications during this time of uncertainty.

CCHP has introduced an additional 30-day **premium payment grace period** to members who do not receive an advance premium tax credit (APTC). We may, on a case-by-case basis, extend the grace period. Consideration will be given solely as a result of the coronavirus pandemic and its impact on the individual's ability to pay a timely premium.

Members who receive an advance premium tax credit will continue to receive a 90-day grace period.

CCHP has **waived all cost sharing for COVID-19 testing**, such as copays, coinsurance, and deductibles.

CCHP has significantly **expanded telehealth provider policies** to reduce barriers to care and to encourage the use of telehealth services by members and provider partners.

CCHP 對新冠疫情的回應

自新冠肺炎疫情爆發以來，CCHP一直積極採取行動，以確保會員在這個不明確的時期可繼續接受護理及藥物治療。

CCHP為未獲得預支保費稅收抵免（APTC）的會員**延長保費寬限期**多30日。此外，CCHP亦會因個別情況而延長保費寬限期。我們會考慮疫情對會員的影響而決定是否延長寬限期。

獲得預支保費稅收抵免（APTC）的會員之寬限期則維持90日不變。

CCHP會免除所有會員有關新冠肺炎測試的分攤費用，如自付費、共付費及扣除額。

此外，CCHP鼓勵會員及醫療提供者在疫情期間使用遠程醫療服務。因此，CCHP**擴大了遠程醫療服務的保障範圍**，讓會員可獲得適時及所需的護理。

For any questions, please contact Member Services at:

Email: MemberServices@cchphealthplan.com

Call: 1-888-775-7888 (TTY 1-877-681-8898)
7 days a week from 8:00 a.m. to 8:00 p.m

如有任何問題，歡迎聯絡會員服務中心：

電郵： MemberServices@cchphealthplan.com

電話： 1-888-775-7888

(聽力殘障人士請電 TTY 1-877-681-8898)
每週7天，上午8時至晚上8時

Health Education 健康教育

Tips for Coping with Stress During the Pandemic

The current outbreak of coronavirus (COVID-19) can be stressful. It is normal to feel worried during a time like this. Coping with stress in a mindful way can help you, your loved ones, and your community get through this challenging time, becoming stronger together as a result.

Below are tips from the Centers for Disease Control and Prevention for managing stress due to COVID-19:

Take Care of Your Body:

- Try to eat healthy, take deep breaths, meditate, stretch and exercise.

Make Time to Unwind:

- Try to do other activities that you enjoy or find calming.
- Take breaks from excessive pandemic news coverage.

Reach Out:

- Stay connected with your loved ones at a safe distance.

Call your healthcare provider if stress gets in the way of daily activities.

For more information, please visit CCHRC's COVID-19 resource page on our website, www.cchrchealth.org.

By Chinese Community Health Resource Center



舒緩疫情壓力的建議

新冠肺炎疫情除了為日常生活帶來很多改變外，亦影響我們的情緒及造成壓力。不過，這些情緒變化都是正常的，而重要的是要鼓勵自己、家人或朋友用健康正面的思想及態度去面對壓力。

以下將介紹由美國疾病預防控制中心提供的建議：

照顧好自己的身體：

- 保持均衡飲食、多做深呼吸、嘗試伸展肢體或冥想。

讓自己的身心靈放鬆：

- 做一些自己喜愛的事情或讓自己放鬆的活動。
- 避免持續或過度關注有關疫情的報導。

互相支持及關懷：

- 在安全的情況及距離下，可嘗試與親友聯絡，互相支持及關懷對方。

如果壓力已擾亂您的日常生活，請與您的醫生聯絡。

想了解更多，請到華人社區健康資源中心的新型冠狀病毒資源網頁：www.cchrchealth.org。

以上資料由華人社區健康資源中心提供

Healthy Exercise Tips 健康運動小貼士

Meditation

Meditation can improve your mood, reduce anxiety, improve blood pressure and increase pain tolerance.

1. Find a quiet environment.
2. Sit comfortably and close your eyes.
3. Breathe naturally, make no effort to control the breath.
4. Inhale slowly, then exhale slowly.
5. Focus your attention on the breath and on how the body moves with each inhalation and exhalation.
6. 15 minutes each day.

靜心冥想

冥想可改善情緒、減少焦慮、改善血壓及增加對疼痛的忍耐力。

1. 找一個安靜的環境。
2. 放鬆地坐下，閉上眼睛。
3. 自然地呼吸，不要刻意去控制呼吸的節奏。
4. 慢慢地吸氣，慢慢地呼氣。
5. 集中去感受吸氣和呼氣時與身體的自然節奏。
6. 每天可做15分鐘。



Eat Well, Live Well Recipe

東華醫院註冊營養師健康美食推介食譜



Classic Hainanese Chicken Rice

Ingredients (6 servings)

- 8 cups low sodium chicken broth
- 1 large chicken, cleaned and patted dry
- 1 tbsp soy sauce
- ¼ tbsp sesame oil
- 1 bunch cilantro, to garnish

Chicken Rice

- 1 tbsp shallot oil
- 1 unpeeled garlic clove
- 1 slice of fresh ginger, peeled and bruised
- 2 cups uncooked long-grain rice, rinsed and drained

Chili Ginger Sauce (makes 1 cup for 6 – 8 servings)

- 10 red finger chilies
- 10 peeled garlic cloves
- 10 slices ginger
- 1 tbsp white vinegar
- ½ tsp salt
- 2 inches fresh ginger ground with 1 tbsp water
- 2 tsp black soy sauce

Instructions

- Put all ingredients in a blender, blend until coarsely chopped. Set aside.
- Bring the chicken stock to boil in a pot and add the chicken. Turn off the heat, cover the pot and let the chicken steep for 15 minutes. Lift the chicken out of the pot and transfer it to the ice bath for 1 minute. Bring the stock to boil again, return the chicken to the pot and repeat the steeping process for 3 more times. Remove the chicken and set aside to cool. Keep the stock warm to cook the Chicken Rice.
- To cook the Chicken Rice: Heat oil in a pan over medium heat and brown the garlic and ginger, about 1 minute. Add the uncooked rice. Stir continuously for about 2 minutes. Add 4 cups of the reserved stock and bring it to boil. Reduce the heat and simmer, for 15-20 minutes until the rice is cooked.
- Cut chicken into serving pieces. Pour soy sauce and sesame oil over them and garnish with cilantro.

Recipe and nutrition information provided by
Chinese Hospital Registered Dietitian

正宗海南雞飯

材料：(6人份量)
低鹽雞湯 8 杯
雞 1隻 (洗淨抹乾)
豉油 1湯匙
麻油 1/4湯匙
芫茜 1棵 (裝飾)

辣薑汁材料：(6至8人份量)
紅辣椒 10隻
蒜頭 10粒 (去皮)
薑 10片
白醋 1湯匙
鹽 半茶匙
薑 2寸 (去皮，加1湯匙水
磨成薑蓉)
老抽 2茶匙

雞飯材料：
香蔥油 1湯匙
蒜頭 1粒 (不去皮)
薑 1片 (去皮拍扁)
米 2杯 (沖洗後瀝乾)

做法：

- 辣薑汁：將所有醬汁材料放入攪拌機磨成粒狀，備用。
- 煮滾雞湯，加入雞肉，熄火加蓋悶焗15分鐘。然後，放到冰水浸1分鐘。再煮滾雞湯，加入雞肉，重複步驟3次。雞湯備用。
- 雞飯：把油用中火加熱，放入蒜和薑炒至金黃，約1分鐘。加米，炒香，約2分鐘。加入4杯雞湯煮滾。然後，轉細火，加蓋，煮15-20分鐘直至飯熟
- 將雞切成小塊，淋上豉油和麻油，以芫茜裝飾。

Nutrition information per serving:

每份材料含以下營養：

Calories 卡路里：376 kcal
Protein 蛋白質：36 g
Carbohydrates 碳水化合物：34 g
Total Fat 脂肪：12 g
Iron 鐵：2 mg
Cholesterol 膽固醇：98 mg
Sodium 鈉 (鹽)：741 mg
Potassium 鉀：551 mg
Phosphorus 磷：351 mg
Vitamin A (維他命 A)：279 iu

食譜及營養資料由東華醫院註冊營養師提供

Balancing Western Medicine with Eastern Remedies 東方中醫療法與西藥的平衡



Feeling Stressed? Try These Calming Herbs.

You're not alone if you're feeling stressed during the COVID-19 pandemic. In this uncertain time, it's natural to feel anxiety but being consumed by stress isn't good for your health. From a Traditional Chinese Medicine perspective, stress will knot your "Qi" and make its flow stagnate, most commonly in the shoulders, chest and abdomen. You neck and chest may be tight, you may need to clear your throat more often or have digestive issues.

If you are experiencing these symptoms, you can adopt stress reducing techniques such as meditation, Tai Chi and yoga. These can get your Qi flowing more smoothly.

Chinese herbs made into simple teas are also a useful treatment to reduce these sorts of symptoms.

Aged Tangerine Peel (Chen Pi) – Tangerine peel tea is known to stimulate the appetite, reduce phlegm and stop coughing. It also helps to balance and move Qi in the body.

Chrysanthemum (Ju Hua) is a common ingredient in Chinese herbal medicine. It is often used to treat stress, headaches, allergies and eye strain (especially with prolonged mobile usage). Please be aware that it can cause low blood pressure with overuse.

Dried longan fruit (Long Yan Rou) helps to treat insomnia, improve the quality of sleep, reduce stress and calm the mind.

This is a general guideline. In order to find a treatment plan tailored to you, speak to us or an acupuncturist.

By Emily Yuen, L.Ac., Chinese Hospital East West Health Services

壓力過大？您可試試以下的中藥

新冠肺炎疫情持續，不少市民的生活及工作也受到影響，從而造成很多壓力。但如果未能適當地舒緩壓力，精神及身體也會受到影響。從中醫的角度理解，壓力會導致氣血運行不順；而經常出現氣血運行不順的部位包括肩膀、胸部及腹部。您可能會感到頸緊、喉嚨乾燥、胸悶及出現消化不良等的症狀。

如果您出現上述症狀，您可以嘗試進行冥想、打太極拳或練習瑜珈來舒緩壓力及保持氣血暢順。

此外，您可嘗試食用以下的幾種常見中藥來補氣血。

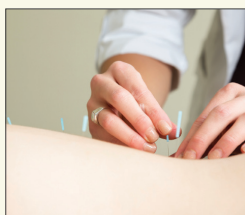
陳皮是常用於刺激食慾，有化痰止咳的功效。此外，陳皮亦可平衡及幫助氣血運行。

菊花是一種常見的中藥，經常用於緩解壓力，治療頭痛、過敏及眼睛疲勞（尤其是因為長時間使用手機引起的）。但請謹記：血壓偏低人士，不宜經常使用。

龍眼肉可治療失眠、改善睡眠質素、緩解壓力及平和心神。

以上資訊僅供參考。想了解哪些治療適合您，請聯絡我們或您的針灸師。

此文由東華醫院中西醫學門診阮寶儀中醫針灸師提供



Chinese Hospital East West Health Services
Call: 1-415-795-8100 (San Francisco)
1-650-761-3542 (Daly City)
Visit: www.chewhs.org

東華醫院中西醫學門診中心
電話: 1-415-795-8100 (三藩市)
1-650-761-3542 (帝利市)
網址: www.chewhs.org

Community News 社區消息



Chinese Hospital Adds 23 Acute Care Beds and Staff to Support Local and State-wide Fight Against COVID-19

“Chinese Hospital, a non-profit community hospital, is on the frontlines of this battle to save lives. Due to the dire and still unforeseen consequences of this national public health emergency, we are taking proactive steps to mobilize limited resources to protect our most vulnerable communities. With the assistance of Assemblymember Chiu and CDPH, we have received state approvals to license an additional 23 Acute Care Beds. Additionally, to treat more patients experiencing healthcare emergencies faster, Chinese Hospital has received a change in its status from Standby Emergency Medical Service to Basic Emergency Medical Service,” stated Dr. Jian Zhang, CEO, Chinese Hospital.

Assemblymember David Chiu, who represents Chinese Hospital’s main campus, was instrumental in expediting the state’s recent licensing approvals: “For over a century, Chinese Hospital has provided critical care to save the lives of many generations of San Franciscans and Californians. I’m thrilled that Chinese Hospital has received the necessary approvals to expand its care during the COVID-19 pandemic, and thank the hospital’s leadership, state and local health officials for their partnership.”

The San Francisco Department of Public Health (SFDPH), working closely with its hospital partners, including Chinese Hospital, has orchestrated the citywide response to mitigate the dramatic impact of COVID-19. “Chinese Hospital has collaborated closely with SFDPH and our other partners to increase bed capacity, enhance preparedness, and focus limited resources on the COVID-19 patients who need it most. Chinese Hospital is there when we need them most,” stated Greg Wagner, Chief Financial Officer of SFDPH.

東華醫院增加病床和人手來對抗疫情

東華醫院行政總裁張建清博士表示：「今次疫情是一件全國，甚至全球的公共衛生緊急事件，它為我們帶來的影響仍然是無法預計。東華醫院是一間非牟利的華人社區醫院，也是在華埠及金融區內唯一一間提供24小時醫療服務的醫院。為保護我們所服務的社區，我們在今次的疫情中站在最前線。我們重新調整非緊急及非必要的醫療服務，以集中人手和資源照顧最緊急的病人及應對疫情。在州眾議員邱信福及CDPH的協助下，東華醫院現獲得州政府的批准，在新醫務大樓二樓增加23張急性護理病床。此外，東華醫院急症室獲提升至“基本緊急醫療服務”級別，以便更有效率地服務更多有需要緊急服務的病人。」

因應疫情持續對社區構成巨大壓力，加州眾議員邱信福及州政府對東華醫院提供全力支援，加快了審批今次的申請。邱信福提到：「一個多世紀以來，東華醫院一直是社區的重要醫療設施，為三藩市，甚至加州的市民提供優質的醫療服務。我很感謝醫院的領導層協助解決病床告急的問題，並感謝各市政府及州政府官員提供的支援，令東華醫院順利獲得審批。」

為減輕新冠疫情對三藩市醫療服務的衝擊，三藩市公共衛生局（San Francisco Department of Public Health, SFDPH）與東華醫院，聯同市內其他醫院共同統籌了一系列應對新冠疫情的措施。三藩市公共衛生局首席財務總監Greg Wagner表示：「東華醫院迅速應對疫情，與SFDPH及其他醫院緊密合作，為三藩市帶來更多病床供應及提升市內醫療服務水平。此外，東華醫院亦靈活地支援及調配人手和資源，以便配合政府的防疫策略。」

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 1-628-228-3257 or email Info@CCHPHealthPlan.com. Electronic copies are available online at:
www.cchphealthplan.com/community-newsletter
www.cchrchealth.org/health-newsletters-2/

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1-628-228-3257，電郵 Info@CCHPHealthPlan.com 或上網瀏覽：
www.cchphealthplan.com/community-newsletter
www.cchrchealth.org/health-newsletters-2/

Please check for updates on classes at:
請上網查詢健身課程及健康講座之最新資訊：
www.cchphealthplan.com/classes-and-events



Help build Chinese Hospital's capacity to respond to crises, like the coronavirus, with a donation today.
您的捐贈，可幫助東華醫院增強應對危機的能力如防抗新型冠狀病毒。

For more information on how to donate necessary funds or supplies:
有關現金捐款或物資捐贈的資訊：

Call 致電：
1-415-677-2470

Visit 瀏覽：
www.chinesehospital-sf.org/covid19-fund

IMPORTANT CONTACT INFORMATION 重要聯絡資料



Chinese Hospital
Health System
東華醫院醫療體系



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 www.CCHPHealthPlan.com/memberservices	1-415-834-2118	Chinese Hospital Clinics 東華醫院門診中心	Sunset Health Services 日落區華康醫務中心 1800 31st Ave, San Francisco www.chinesehospital-sf.org	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 www.CCHPHealthPlan.com/memberservices	1-415-834-2118		Excelsior Health Services 外米慎區華康醫務中心 888 Paris St, #202, San Francisco www.chinesehospital-sf.org	1-415-677-2488
Health Education 健康教育	Chinese Community Health Resource Center 華人社區健康資源中心 845 Jackson St, Lobby, San Francisco www.cchrchealth.org	1-415-677-2473		Gellert Health Services Gellert 華康醫務中心 386 Gellert Blvd, Daly City www.chinesehospital-sf.org	1-650-761-3500
Chinese Hospital 東華醫院	Chinese Hospital 東華醫院 845 Jackson St, San Francisco www.chinesehospital-sf.org	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 www.chewhs.org	1-415-795-8100
	Support Health Services 東華醫院健康服務中心 845 Jackson St, Floor B1, San Francisco www.chinesehospital-sf.org	1-415-677-2370		East West Health Services - Daly City 中西醫學門診 - 帝利市 386 Gellert Blvd, Daly City www.chewhs.org	1-650-761-3542
	Chinese Hospital Outpatient Center 東華醫院門診中心 386 Gellert Blvd, Daly City www.chinesehospital-sf.org	1-650-761-3500			