PULSE
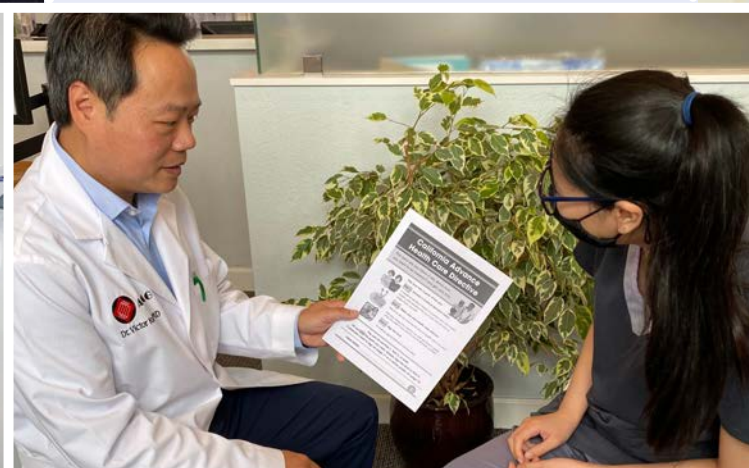
AAMG

All American Medical Group

Your Choice.
Your Health.
Our Mission.

Member Relations Department 會員關係部

To ensure that members are safe and continue to practice social distancing, we will resume our services in stages. At this stage, our office will only provide in-person services with an appointment.

Please call **(415) 590-7418** during office hours Monday to Friday from 8:30am to 5:00pm for triage and appointment.

為確保會員安全並繼續保持社交距離，我們將分階段恢復服務。本辦事處現階段只接受已預約的面談服務。

請於辦公時間星期一至五上午8:30至下午5:00致電 **(415) 590-7418**進行分流及預約。

Address:
823 Jackson Street, San Francisco, CA 94133

Office Hours 時間 :
Mon to Fri 週一至週五
8:30am – 5:00pm

Hotline: (415) 590 - 7418

Toll Free Number: (888) 227-2671

Languages 語言:

Cantonese 廣東話	Toishanese 台山話
Mandarin 普通話	English 英語

Medicare Advantage Dual Eligible Special Needs Plans (D-SNPs)
Medicare優勢特殊需要計劃

People of age 65 and over who are qualified for both Medicare and Medi-Cal could participate in Medicare Advantage Dual Eligible Special Needs Plans (D-SNPs) once per calendar quarter during the first nine months of the year from January to September. For more information, please contact Member Relations Department at (415) 590-7418.

符合Medicare和Medi-Cal白卡雙重資格的65歲或以上人士可以在每年一月至九月的每個季度參加Medicare優勢特殊需要計劃（D-SNP）。請致電（415）590-7418與會員關係部聯繫了解更多信息。

Initial Health Assessment (IHA)
初步健康評估

If you have newly enrolled to your health plan or have changed to a new Primary Care Physician (PCP), you are required to schedule an appointment with your PCP for the Initial Health Assessment (IHA) within 120 calendar days of enrollment. The IHA enables your PCP to assess and manage the acute, chronic, and preventative health needs for you.

如果您是新加入健康計劃或更換了新的家庭醫生（PCP），請在註冊後120天內與家庭醫生預約一次初步健康評估（IHA）。初步健康評估使您的家庭醫生可以評估和管理您的急性，慢性和預防性健康的需求。

Key COVID-19 Vaccine Updates:
How to keep you and your family safe

The US Food and Drug Administration has issued the first emergency use authorization for the COVID-19 vaccine to those 16 and older. The vaccine is being released by Pfizer/BioNTech or Moderna. The vaccine requires two doses. The second dose is given 17-21 days (Pfizer) or 28 days (Moderna) after the first.

How do the vaccines work?

SARS-CoV-2

Usually, vaccines use weakened or killed viruses to build immunity. These new vaccines make use of the **SARS-CoV2's spikes** (the **S-protein** that attaches to your cells). The new vaccine is a genetic code (**mRNA**) that makes your cells create the same spike. Your immune system recognizes this protein and should protect you from the real virus.
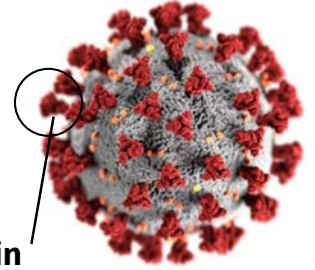
**S protein
(SARS-CoV-2 spike)**

--JAMA Network, YouTube, October 2, 2020

Are they safe?

The U.S. vaccine safety system makes sure that all vaccines are as safe as possible. Safety is a top priority while federal partners work to make COVID-19 vaccines available. The CDC is working to increase safety security through new systems and additional information sources, as well as by scaling up existing safety monitoring systems.

What are the side effects?

COVID-19 vaccination will help protect you from getting COVID-19. You **may have some side effects**, which are normal signs that your body is building protection. You may have **pain and swelling** on the arm you received the shot. Throughout the rest of your body, you **may have fever, chills, tiredness, or headache**. These side effects may feel like the flu and even affect your ability to do daily activities, but they should go away in a few days.

Do I still need to wear a mask or stay socially distant?

Stopping a pandemic means using all tools available. Vaccines allow your body to fight the virus if you are infected. Wear a mask and stay at least 6 feet away from others to reduce the risk of infection or spreading it to others. Together, vaccination and following CDC's guidelines will give you the best protection from COVID-19.

新冠病毒疫苗須知:
如何確保您和家人安全

美國食品和藥物管理局（FDA）已發佈了第一款2019新型冠状病毒肺炎（COVID-19）疫苗的緊急使用授權，允許該疫苗用於16歲及以上人群。輝瑞/BioNTech和Moderna分別推出了兩款疫苗。兩者均需分兩次注射，輝瑞疫苗第二劑應在第一劑後17-21天注射。Moderna公司疫苗第二劑應在第一劑後28天注射。

疫苗如何發揮作用?

SARS-CoV-2

而傳統疫苗則利用弱化或殺死的病毒來產生免疫反應。這些新疫苗利用的是**新冠病毒的刺突蛋白**（是病毒用來解鎖進入人體細胞的**S-蛋白**）。 該疫苗實際上是mRNA疫苗，可使您的細胞製造相同的刺突蛋白。這種蛋白質進入身體後會被您的免疫系統識別，並有望抵抗真正的冠狀病毒感染。

S-蛋白 (刺突蛋白)

--JAMA Network, YouTube, October 2, 2020
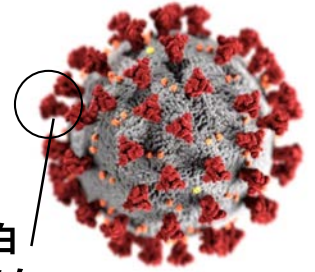
那麼疫苗安全嗎?

美國疫苗安全性系統確保所有疫苗盡可能安全。聯邦合作夥伴在致力於開發COVID-19疫苗的同時，安全性是重中之重。CDC正在努力通過新系統和其他信息源，以及擴大現有安全監控系統來擴大安全性監測。

有哪些副作用?

接種COVID-19疫苗有助於保護您免於感染COVID-19。**您可能會有一些副作用**，這是您的身體正在建立保護的正常表現。包括注射後手臂可能會**疼痛和腫脹**。在身體的其餘部位，**您可能會出現發燒，發冷，疲倦或頭痛**。這些副作用可能會影響您進行日常活動的能力，但幾天後它們就會消失。 這些副作用可能感觉像患上流感，甚至可能影响您进行日常活動的能力，但幾天後它們就會消失。

我還需要佩戴口罩和保持社交距離嗎?

要阻止全球流行病疫情，人們需要使用所有可用的工具。疫苗與人們的免疫系統將共同發揮作用，以便在接觸病毒之後，身體可以做好準備對抗病毒。佩戴口罩遮掩口鼻以及與他人保持至少6英尺距離等其他措施，也有助於減少接觸病毒或將病毒傳播給其他人的機率。 COVID-19免疫接種和遵循CDC有關保護自己和他人的建議結合使用，可以為防止感染COVID-19提供最佳保護。

Is it safe if I'm pregnant?

There is not enough data about the safety of COVID-19 vaccines for pregnant people. However, pregnant people are at an increased risk for severe illness from COVID-19. Vaccination is a personal choice for people who are pregnant.

What about my kids?

Children who rarely have severe COVID-19 symptoms have not yet been tested for any experimental COVID-19 vaccine. The CDC said so far early trials have only included adults who are not pregnant. The recommended groups could change as future trials include more people.   *--Reuters, October 14, 2020*

What is V-safe and how does it work?

After you receive the COVID-19 vaccination, you can participate in V-safe by downloading the app. This tool is totally free of charge. By using text messages and web surveys, you can receive personal health check-ins. You can also let CDC know immediately if you have any side effects after vaccination and they may call to check on you. V-safe can also help to remind you when you should get your second COVID-19 vaccine.

How do I register for V-safe and how long do V-safe check-ins last?

Once you received the COVID-19 vaccine, you can enroll in V-safe by visiting **vsafe.cdc.gov** or scanning the V-safe QR code on the left.

You will receive a text message each day to check on your condition in the first week. Messages will be sent once a week, up to 5 weeks afterward. A new 6-week check-in process will start after your second dose of the vaccine. Health check messages will also be sent in the third, sixth, and twelfth months after all vaccines are completed.

You are required to stay enrolled in V-safe and can **opt-out at any time**.

V-safe QR Code

For the latest information on COVID-19 and vaccines, visit **CDC.gov**

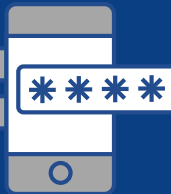Centers for Disease Control & Prevention COVID-19 page

疫苗適用於孕婦嗎?

目前關於COVID-19疫苗對孕婦的安全性的數據有限。但是，孕婦是COVID-19重病高風險人群 。對於孕婦來說，接種疫苗是個人選擇。

兒童能接種疫苗嗎?

兒童很少出現嚴重的COVID-19症狀，他們尚未接受任何實驗性COVID-19疫苗的測試。美國疾病預防控制中心表示，到目前為止，早期的臨床試驗僅包括未懷孕的成年人，並指出隨著臨床試驗的擴大會招募更多的人，未來會改變免疫接种的建議群體。

--Reuters, October 14, 2020

V-safe 是什麼? 它是怎樣運作的?

在接種COVID-19 的疫苗後， 您可以在您的智能手機內下載V-safe 軟件。 此軟件是免費讓用戶下載及使用的。 您可以在軟件內透過短信，問卷調查等接受個人化的健康檢查。如您在接種疫苗後有任何副作用，可即時透過V-safe 通知CDC，讓他們稍後可能透過通話與您跟進。

V-safe 亦會在適時向您提醒，第二劑疫苗應該需要接種的日期。

我該如登記使用V-safe? V-safe 的運作期效有多長?

在接種第一劑疫苗後，您可以瀏覽政府網站: **vsafe.cdc.gov** 或掃描左旁的QR Code 下載登記V-safe。

在接種疫苗的首星期，您將會每天收到訊息查問您的身體狀況。及後的五個星期內，訊息將會改為每星期發送一次給您。而在第二劑疫苗接種後，重新的六星期檢查流程會再次展開。健康檢查訊息相繼亦會在完成所有疫苗後的第三, 六, 及十二個月發送。

V-safe的登記是自願參與性質，**參加者可以隨時退出**。

V-safe QR Code

有關COVID-19和疫苗的最新信息，請訪問CDC.gov

疾病預防控制中心
COVID-19網頁 (简体中文)

References: JAMA Network (YouTube); Reuters; CDC.gov; FDA.gov

Resources 其他資訊

Scan the QR code with your phone or device to get quick access to the following resources:
使用您的電話或設備掃瞄以下QR Code以快速登入網頁查閱資訊:

Find a Vaccination Clinic
尋找接種新冠病毒疫苗的診所
https://www.calvax.org/clinic/search

English

中文

Vaccine Notification Sign-Up
登記新冠病毒疫苗接種通知
(English) **https://sf.gov/get-notified-when-youre-eligible-covid-19-vaccine**

(中文) **https://sf.gov/zh-hant/get-notified-when-youre-eligible-covid-19-vaccine**

Get notified when it's your turn for the COVID-19 vaccine
讓您能接種新冠病毒疫苗時獲取通知

English

中文

AAMG Health Education 健康教育
(English) **https://aamgdoctors.net/health-education**

(中文) **https://www.aamgdoctors-ch.net/health-education**

Educational handout materials and informational videos on over 35 health topics
多於35個健康主題的教育講義材料和參考視頻

AAMG Online Health Workshop Schedule
在線健康講座時間表

AAMG
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Member Relations
823 Jackson St.
San Francisco, CA 94133
Tel: (415) 590-7418

Refer a friend to join the AAMG family! Open enrollment is open year round for Medi-Medi members. Please contact our Member Relations department at (415) 590 - 7418 to join today!
推薦朋友加入AAMG家族！歡迎持有紅藍及白卡人士隨時加入。
請聯繫會員關係部(415) 590-7418，立即加入!

Website
AAMGDoctors.com

YouTube
Youtube.com/AAMGDoctors

Facebook
Facebook.com/DoctorsAAMG

DBA: AAMG

Watch videos of health talks, educational topics, and more!
觀看有關健康講座，教育話題等的視頻!

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直接進入我們的YouTube頻道!

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Look for our logo and click "SUBSCRIBE"

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