

PULSE

SUMMER 2021 NEWSLETTER

Different Types of Care and Risks of High Blood Pressure



Congratulations to Dr. Eric Leung, AAMG Ophthalmologist, on his recognition by Wind Newspaper for AAPI Heritage Month as a Leader in Healthcare.

Congratulations to Dr. Hans Yu, AAMG Internist, for winning the Bay Area Jefferson Award. The Jefferson Award is considered the "Nobel Prize" for public service.



AAMG recently partnered with Self-Help for the Elderly, SF Marin Medical Society, Wellmans Pharmacy and others to provide more than 120 Homebound COVID Vaccinations to the Handicapped and Seniors in our Community.



AAMG

All American Medical Group

Your Choice. Your Health. Our Mission.

I'm Not Feeling Well. Where Should I Go?

If you are sick or injured, you can choose where to go for medical care. Understanding the different types of care can help you get the right treatment from the right place, as well as save you time and money.*



Primary Care Physician (PCP)

Call to make an appointment during office hours.

If you have a health problem or question that is not life-threatening, call your PCP's office and they can provide you with an appointment, a telehealth visit, refer you to a specialist, or advise you with where to get the care you need.

Potential Symptoms

- Allergies
- Annual physicals
- Change in blood pressure without severe symptoms
- Earaches
- Fever
- Flu or colds
- Headaches
- Minor burns
- Minor infections
- Muscle and joint pain
- Preventative care
- Skin conditions
- Small cuts
- Sore throat
- Sprains and strains
- Vaccinations



Urgent Care

Recommended for after PCP office hours.

No appointment necessary.

If you have an urgent condition that is not life-threatening, and your PCP does not have an appointment available, going to an Urgent Care clinic is a good option. A list of our contracted in-network Urgent Care clinics is attached.

Potential Symptoms

- Abdominal pain
- Dehydration
- Eye injury
- Fever
- Flu or colds
- Headaches
- Minor broken bones
- Minor infections and burns
- Severe allergies
- Skin conditions
- Sprains and strains
- Vomiting or persistent diarrhea
- Wheezing or shortness of breath



Emergency Room

Available anytime without appointment.

If you think you may have a life-threatening condition or medical emergency, call 911 or go to an Emergency Room. You do not need a referral from your PCP to go to an Emergency Room.

Potential Symptoms

- Chest pain
- Difficulty breathing
- Heart attack
- Large open wounds
- Loss of consciousness
- Major broken bones
- Major burns
- Severe head injury
- Spinal injuries
- Stroke
- Severe abdominal pain
- Sudden change in vision
- Uncontrolled bleeding

These lists are not all-inclusive.



To learn more about our doctor's group, call Member Relations: (415) 590-7418

***Check with your health plan for out-of-pocket fees and coverages.**

我感覺不適，我應該在哪尋求我的醫療照護服務？

如果你生病或者受傷，你可以自主選擇在哪裡接受治療。了解不同類型醫療護理服務，可以幫你在最適合的地方找到最佳的治療方式，節約時間，節省金錢。*



家庭醫生

應在應診時段致電預約。

若您遇到的健康問題並非危及生命的緊急情況，請致電您的家庭醫生診所，他們可以為您安排更早的預約，遠程醫療服務，為您轉介至專科醫生，或為您建議去哪裏獲得您需要的照護。請最好致電您的家庭醫生診所進行預約，而不要直接上門。

潛在症狀

- 過敏
- 年度體檢
- 血壓改變並沒有嚴重症狀
- 耳痛
- 發熱
- 流感或感冒
- 頭痛
- 輕度燒傷
- 輕微感染
- 肌肉和關節疼痛
- 預防性護理
- 皮膚問題
- 輕微損傷
- 喉嚨痛
- 扭傷和拉傷
- 接種疫苗

緊急護理中心

建議在家庭醫生非應診時段才到訪。無需預約。

若您的緊急狀況不危及生命，而您的家庭醫生暫沒有可預約的時間，那麼前往緊急護理中心是個不錯的選擇。隨附是我們已簽約的網絡內緊急護理中心列表。

潛在症狀

- 腹痛
- 脫水
- 眼睛受傷
- 發熱
- 流感或感冒
- 頭痛
- 輕微骨折
- 輕微感染和燒傷
- 嚴重過敏
- 皮膚問題
- 扭傷和拉傷
- 接種疫苗
- 嘔吐或持續性腹瀉
- 喘息或呼吸急促

急診室

24小時開放。

若您的緊急狀況不危及生命，而您的家庭醫生暫沒有可預約的時間，那麼前往緊急護理中心是個不錯的選擇。隨附是我們已簽約的網絡內緊急護理中心列表。

潛在症狀

- 心口痛
- 呼吸困難
- 心臟病發作
- 大傷口
- 失去意識
- 主要骨折
- 大面積燒傷
- 頭部嚴重受傷
- 脊柱受傷
- 中風
- 突然腹痛
- 視力突然改變
- 不受控制的出血

此清單沒有概括全部。



要了解我們的醫生集團，請致電會員服務部：
(415) 590-7418

***請與您的健康計劃查詢自
付費用及承保範圍。**

AAMG Contracted Urgent Care Facilities

美亞醫療集團合約的緊急護理設施

Urgent Care services provide immediate medical outpatient care to treat **acute/chronic illnesses** and injuries. Urgent Care does not replace your primary care physician (PCP) but has these benefits:

- Able to treat your symptoms when your PCP is unable to offer a timely appointment or when illness strikes outside of regular office hours
- Waiting time and copay cost could be less compared to going to a hospital's Emergency Room

緊急護理服務為門診護理提供即時醫療服務，以**治療急慢性疾病**和傷害。緊急護理不會取代您的主診醫生，但具有以下好處：

- 能夠在您的主診醫生無法提供及時預約或在正常辦公時間以外發生疾病時治療您的症狀
- 與去醫院急診室相比，等待時間和共付額費用可能更少

AAMG is contracted with City Bay Urgent Care and Dignity Go-Health Urgent Care that you can visit 康城緊急護理和 Dignity Go-Health 緊急護理為美亞醫療集團合約的緊急護理中心，您可以在需要時求診。

City Bay Urgent Care 康城緊急護理中心	2131 Irving St, San Francisco, CA 94122	(415) 233-8388	Mon – Fri 週一至週五 9:00am – 5:00pm
Go Health Urgent Care	2395 Lombard St, San Francisco, CA 94123	(415) 796-2242	Mon – Fri 週一至週五
	1600 Market St, San Francisco, CA 94102	(415) 746-1812	8:00am – 8:00pm
	2288 Market St, San Francisco, CA 94114	(415) 964-4855	Sat – Sun 週六至週日
	2895 Diamond St, San Francisco, CA 94131	(415) 964-4866	9:00am – 5:00pm
	199 West Portal Ave, San Francisco, CA 94127	(415) 821-8798	
	750 Redwood Hwy, Mill Valley, CA 94941	(415) 384-4778	
	3900 Piedmont Ave, Oakland, CA 94611	(415) 432-7899	
	325 Gellert Blvd, Daly City, CA 94015	(650) 270-2394	
	1310 El Camino Real, San Bruno, CA 94066	(650) 270-2395	
830 Jefferson Ave, Redwood City, CA 94063	(650) 381-0616		

Please call the Urgent Care clinic to make an appointment before your visit.

請在就診前致電緊急護理診所預約時間。

A Few Words About Hypertension

Why is high blood pressure (hypertension) important to know?

Hypertension is really common in the US population. 24% of the US population is undiagnosed. Even when diagnosed with hypertension, only about half of the patients get it under control, so it is really important that patients take their medications as prescribed. You should check your blood pressure once a day and record it so you can track if your blood pressure is too high or too low.

How dangerous is having high blood pressure?

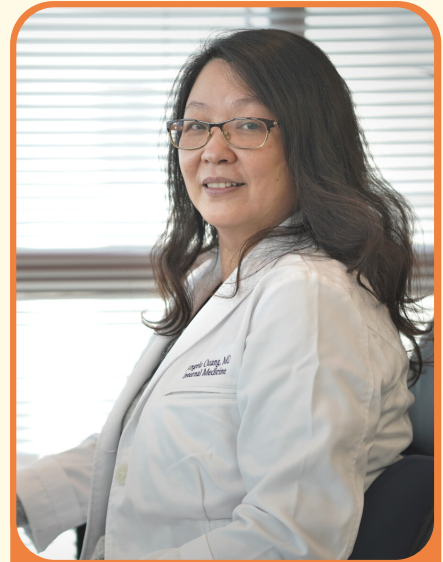
When your blood pressure is too high, it can cause a lot of problems such as stroke and heart attack. If that happens, you might have to be hospitalized. It is a “silent killer” because you don’t feel anything. You don’t have any symptoms when your blood pressure is high until it becomes really really high, which is called hypertensive crisis.

A blood pressure machine is useful for checking blood pressure. How would you know whether it's working or being used properly?

I recommend you wait five minutes and recheck the same arm again to see if it has the same result. While waiting, you should be relaxed. If you have anxiety, it will increase your blood pressure, and the reading won't be accurate. If you get consistently high readings when rechecking after five minutes for 3 or 4 days, you should call your health care provider to see if you need a change in medication. Call your doctor as soon as possible if you experience any symptoms or have any questions.

Do you have any other tips or advice on managing blood pressure?

You can still do things at home to improve your blood pressure, like exercise, watching your diet, cutting down on salt, smoking cessation, and drinking cessation.



Angela Quang, M.D. is an internal medicine doctor with over 20 years of experience. Dr. Quang is accepting new patients and her office is also fluent in **Cantonese** and **Vietnamese**.



Blood pressure machine

Angela Quang, M.D.

Main Office:

1199 Bush St, Suite 560
San Francisco, CA 94109
(415) 810-6024

Watch the full interview with Dr. Angela Quang on managing blood pressure on AAMG's YouTube Channel! Use your phone's camera and scan or long-press the QR code to watch the video!



關於高血壓的那些事

為什麼了解高血壓很重要？

高血壓在美國非常常見。但全美仍有24%的人未被確診。就算已經確診患有高血壓，也只有大約一半的患者能得到控制，所以患者按醫囑服藥是非常重要的。你應該每天檢查一次血壓並記錄下來，這樣你就可以知道自己的血壓是過高還是過低。

高血壓有多危險？

當你的血壓過高時，它會導致很多問題，如中風和心臟病發作。如果發生這種情況，你很大機會需要住院治療。這是一個“沉默的殺手”，因為你感覺不到任何東西。當你的血壓很高時，你不會有任何症狀，直到它變得非常非常高，這被稱為高血壓危象。

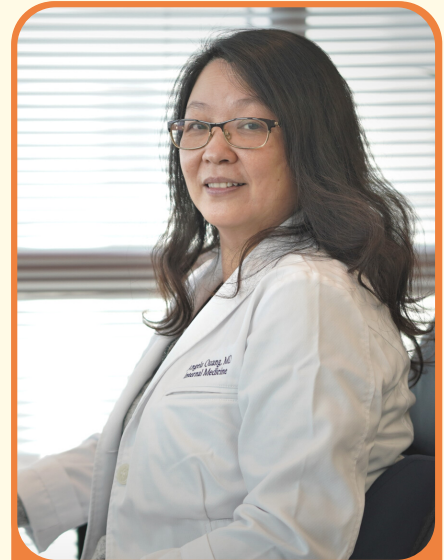
血壓計在測量血壓上非常有用。你清楚它是否正常運作或被正確使用嗎？

我建議你等五分鐘，再檢查同一隻手臂，看看是否有同樣的結果。在等待的時候，你應該放鬆。如果你感覺焦慮，你的血壓會升高，讀數也不會準確。

如果你在五分鐘或三到四天后再次檢查時，你的讀數一直很高，你應該打電話給你的醫療服務人員，看你是否需要更換任何藥物。當然，如果你出現任何症狀或者有任何不適，請盡快聯絡你的醫生。

關於控制血壓，你還有其他的建議嗎？

你可以通過一些在家就能做到的事來改善你的血壓，例如做運動，注意飲食，減少鹽的攝入，戒煙，以及戒酒等。



鄺美容醫生是一名擁有超過20年經驗的內科醫生。鄺醫生現正接收新病患，她及她診所工作人員都精通廣東話及越南話。



血壓計

美容醫生 主辦公室:

1199 Bush St, Suite 560
San Francisco, CA 94109
(415) 810-6024

請在美亞醫療集團的YouTube頻道觀看鄺美容醫生有關控制血壓的完整採訪!您可使用手機攝像頭去掃描或長按二維碼觀看視頻!

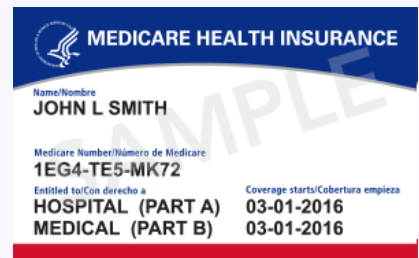


Are You or a Friend Turning 65?

你或你的朋友是65歲嗎？

Medicare is available for people age 65 or older, younger people with disabilities and people with End Stage Renal Disease (permanent kidney failure requiring dialysis or transplant). Medicare has two parts, Part A (Hospital Insurance) and Part B (Medicare Insurance).

Medicare適用於65歲或以上的長者，殘障人士和患有終末期腎病（需要透析或移植的永久性腎衰竭）的人士。Medicare有兩部分，A部分（醫院保險）和B部分（Medicare保險）。



When Do You Need to Apply for Medicare?

您什麼時候需要申請醫療保險？

If you're eligible for Medicare when you turn 65, you can sign up during the 7-month period that:
如果您在65歲時有資格獲得Medicare，則可以在7個月內註冊：

- Begins 3 months before the month you turn 65
開始於您滿65歲的月份的前3個月
- Includes the month you turn 65
包括您滿65歲的月份
- Ends 3 months after the month you turn 65
滿65歲後的3個月後結束

When can I join, switch, or drop a plan?

我什麼時候可以加入、轉換或放棄計劃？

- **Open Enrollment Period:** From **October 15 – December 7** each year, you can join, switch, or drop a plan. Your coverage will begin on January 1 (as long as the plan gets your request by December 7th, 2021).

開放註冊期：每年**10月15日至12月7日**，您可以加入、轉換或放棄計劃。您的承保將從1月1日開始（只要該計劃在2021年12月7日之前收到您的請求。

Why is it Important to Apply for Medicare?

為什麼申請醫療保險很重要？

If you don't sign up for Medicare Part A or Part B when you're first eligible, you'll have to pay a late enrollment penalty. You'll have to pay this penalty for as long as you have Part A or Part B and could have a gap in your health coverage.

如果您首次符合資格時沒有註冊Medicare A部分或B部分，則必須支付後期註冊罰款。只要您擁有A部分或B部分，並且您的健康保險可能存在缺口，您就必須支付這筆罰款。

Are you 65? Call us today at (415) 590 - 7418 to check if you are eligible.

你是65歲嗎？今天致電（415）590-7418，以查詢您是否符合資格。



AAMG

All American Medical Group

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 網站



YouTube



Facebook



AAMG's Health Educational Workshops help you open new doors to different health topics!

美亞醫療集團健康教育講座 為你打開不同健康話題的新大門!

Upcoming health workshops with psychologists, mental health providers, and public safety specialists:

- Decluttering/hoarding disorder
- Heart disease prevention
- Build up your body for self-defense
- Injury prevention

在接下來的健康講座中, 我們將邀請心理學專家, 心理輔導提供者, 和社區安全專員和你談談:

- 物品整理障礙/囤積症
- 心臟病預防
- 如何強健身體達到自我防衛
- 預防受傷

Join our workshops and events for a chance to win gifts! 各式遊戲及禮物隨講座等著你



Safety alarm 安全警報器



Want to join one of our workshops? Scan the QR code for easy access to our schedule. Workshop info is updated frequently. Stay tuned!

想參加我們健康教育講座? 只需掃描二維碼就能輕鬆獲得講座詳情, 我們將及時更新健康講座內容, 記得關注我們啦。



Get the latest news, health tips, & more! Scan or long-press the QR code with your phone's camera to follow us on WeChat!

想獲取更多最新資訊, 及健康小常識等, 歡迎使用你的手機攝像頭, 掃描或長按二維碼, 關注我們的微信號!

