

PULSE

WINTER 2022 NEWSLETTER
AAMG Doctors Fighting for Your Health



AAMG

LICENSE TO HEAL

Ask an AAMG Internal Medicine Doctor

What can you tell us about heart disease and its importance?

Heart disease can mean any condition where the heart cannot pump blood properly. Some of the most common heart diseases include **coronary artery disease (CAD)**, **congestive heart failure (CHF)**, and **heart attack**. In the United States, heart disease is the leading cause of death in adults, responsible for about 1 in every 4 deaths each year. For Asian American adults, it's about 1 in every 5 deaths.

What are the signs and symptoms of Coronary Heart Disease?

Chest pain is a symptom of coronary heart disease. This is called angina, which means you have pain in your chest due to reduced blood flow to your heart. Other symptoms you might have include shortness of breath, feeling weak or light-headed, nausea, cold sweat, and even pain in the arms or shoulders. It is possible to not have any symptoms as well.

What are the signs and symptoms of Congestive Heart Failure?

Signs and symptoms of congestive heart failure can range from shortness of breath during activities, trouble breathing when lying down, coughing, tiredness or weakness, and swelling in the arms, legs, ankles, and stomach.

What can I do to prevent or treat heart disease?

You can make lifestyle changes like quitting smoking and limiting alcohol. You should take medications to regulate any conditions you have like diabetes and high cholesterol. Eat healthier by choosing meals with low sodium, sugar, and saturated fats. It's also good to do daily physical activities. Exercising and dieting can help you maintain a healthy weight and a healthy heart!



Wei Rao, M.D. is an internal medicine doctor with over 15 years of experience, specializing in geriatrics, long-term care, preventative health care, and women's health and wellness. She is proficient in Cantonese, Mandarin, and English.



Heart disease is a "silent killer" because you might not feel any symptoms at first.

Wei Rao, M.D.

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Watch the full interview with Dr. Wei Rao on managing heart health on AAMG's YouTube Channel!

Use your phone's camera and scan or long-press the QR code to watch the video!



問問美亞名醫師

能夠告訴我們為啥心臟健康這麼重要？

心臟病是指心臟不能正常泵血的任何情況，最常見的心臟病包括：冠心病(CAD)、充血性心力衰竭 (CHF)、和心臟病發作。在美國，心臟病是成人最主要的死因，一年中平均每 4 人中就有 1 人死於心臟病。而對於亞裔美國成人來說，大約每 5 人中就有 1 人死於心臟病。

冠心病有什麼的預兆和症狀？

胸痛是冠心病的常見症狀，稱之為心絞痛，主要是因為流向心臟的血液減少而出現胸痛的情況。其他症狀還可能有呼吸急促，感覺乏力或頭重腳輕，噁心，出冷汗，甚至手臂或者肩膀疼痛等，也有可能根本沒有任何症狀。

充血性心力衰竭有什麼的預兆和症狀？

充血性心力衰竭的預兆和症狀包括：活動時感覺氣促、躺下時呼吸困難、咳嗽、疲倦或虛弱，以及手臂、腿部、腳踝和胃部腫脹。

我可以怎樣做去預防和治療心臟病？

你可以改變生活方式，例如戒菸和限制飲酒。服藥來控制你患有的任何疾病，例如糖尿病和高膽固醇。選擇低鈉、低糖和低飽和脂肪的健康飲食方式。經常進行體育運動也是很不錯的選擇，鍛煉和控制飲食可以幫助你保持健康的體重和健康的心臟！



饒薇醫學博士是一位內科家庭醫生，擁有超過15年的從醫經驗，專精老年病學、長期護理、預防保健以及女性健康。
饒醫生精通粵語、普通話和英語。



心臟病被喻為“沉默的殺手”，因為一開始你根本感覺不到任何症狀

饒薇醫生

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San Francisco, CA 94118

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在美亞醫療集團YouTube健康教育頻道，觀看饒醫生有關心臟健康管理完整訪問的視頻。

使用手機攝像頭掃描或長按二維碼以觀看影片。



Manage Diabetes with this eBook!



DIABETES MANAGEMENT: HEALTH TIPS TO CONTROL BLOOD SUGAR

Topics include:

- ✓ The Role of Insulin
- ✓ Nutrition and Lifestyle Tips
- ✓ Related Health Conditions
- ✓ Managing Blood Sugar
- ✓ The Next Steps to Make
- ✓ Recipes to Try

How to Download the eBook

1. Scan the QR code on the right to access the page with the survey link
2. Fill in the survey and submit your answers
3. You will be given a link to the eBook!



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改善血糖的健康小貼士

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- ✓ 營養及生活習慣小貼士
- ✓ 相關健康問題
- ✓ 如何管控血糖
- ✓ 下一步應該怎麼做
- ✓ 嘗鮮食譜

怎樣下載這本電子書呢?

1. 掃描右手邊的二維碼訪問調查問卷網頁
2. 簡單填寫調查問卷並提交
3. 你將獲得電子書的下載鏈接



Way to go, doctors! 做得好，醫生們!

Congratulations to the AAMG doctors who were recognized by Anthem Blue Cross for achieving 4.2 clinical STARS in their Medicare Advantage plan. This makes AAMG one of the highest achieving independent groups in the state.

恭喜美亞醫療集團醫生們，在聯邦醫療優勢計劃中，獲安森藍十字 4.2 臨床星級認證。令美亞醫療集團成為全州獲得最高評分的獨立醫生組織之一。



*Pictured (left to right):
Dr. John Maa, Mayor London Breed, Dr. Joseph Woo, Dr. Michael Schrader*

相片 (從左到右):
John Maa 醫生, 三藩市市長布理德, 陳楚利醫生, Michael Schrader 醫生

AAMG physician Dr. Michael Schrader will serve as President of the San Francisco Marin Medical Society in 2022.

美亞醫療集團的 Michael Schrader 醫生將在2022年，出任三藩市及馬林縣醫學會主席。



MEMBER RELATIONS

Member Relations department is open to assist our members in-person! Please call (415) 590-7418 during office hours Monday to Friday 8:30am – 5:00pm to schedule an appointment.

會員關係部

會員關係部為會員提供面對面的幫助!

請在週一至週五上午 8:30 至下午 5:00 的辦公時間內致電 (415) 590-7418 進行預約。



Patient Experience Surveys

Every year All American Medical Group (AAMG) conducts a patient experience survey between January and March. You may receive a survey letter or phone call during this time. Your feedback allows AAMG to continually improve our services and quality of care. If you have questions about the patient experience survey, please contact Member Relations at (415) 590-7418 for assistance.

患者體驗調查

每年美亞醫療集團 (AAMG) 都會在 1 月至 3 月期間進行患者體驗調查。在此期間, 您可能會收到一封調查信或電話。您的反饋使 AAMG 能夠不斷改進我們的服務和護理質量。如果您對患者體驗調查有任何疑問, 請致電 (415) 590-7418 聯繫會員關係部查詢。

Medicare

Medicare Advantage Dual Eligible Special Needs Plans (D-SNPs)

People of age 65 and over who are qualified for both Medicare and Medi-Cal could enroll in Medicare Advantage Dual Eligible Special Needs Plans (D-SNPs) once per calendar quarter during the first nine months of a year from January to September. AAMG contracted Medicare Advantage plans including:

- Anthem Blue Cross
- Brand New Day
- Wellcare by Health Net

For more information, please contact Member Relations at (415) 590-7418.

Medicare優勢特殊需要計劃符合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)。美亞醫療集團簽約的Medicare優勢計劃包括:

- 安森藍十字
- 新一天
- 維家保健

如欲了解更多詳情, 請致電 (415) 590-7418 與會員關係部聯繫。



Initial Health Assessment (IHA)

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

初步健康評估

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要。



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!



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截止日期/Deadline: 02/04/2022



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Pictures are for reference only



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