

PULSE

SPRING 2022 NEWSLETTER
YOUR TRUSTED DOCTORS



"...recieved this certificate of Honor in appreciative public recognition of distinction and merit for outstanding service of the people of the City and County of San Francisco."

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Meet **MARK SAVANT, M.D.** **AAMG Internal Medicine**

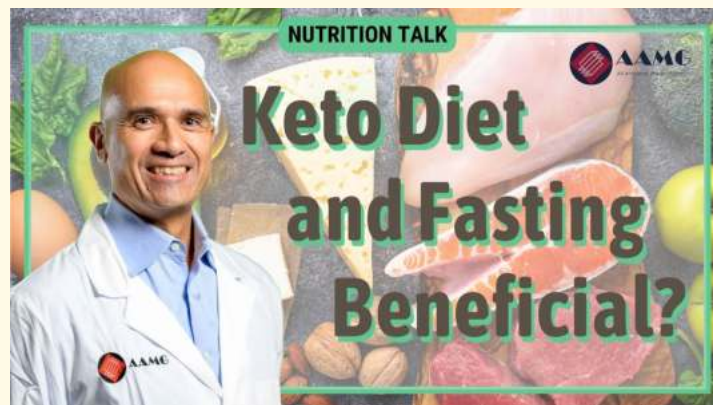


Dr. Savant serves as **Team Physician** for the **University of San Francisco's NCAA Division 1** men's basketball team. This year, the **Dons**, earned a spot in the NCAA Tournament for the first time since 1998!

- Completed medical degree at **Medical College of Wisconsin**
- Trained in Internal Medicine at **Santa Clara Valley Medical Center**
- 3 years as Clinical Faculty at **Columbia University's College of Physicians and Surgeons**
- Started the **Savant Medical Group** in 2001
- Served as Chair of the **Asian Physician's Advisory Committee**



"I like to always think in the terms of culture. I grew up in Chinese culture, even though I don't look like it, but it's very close to me, so I know those foods very well."



Use your phone's camera and scan or long-press the QR code to watch Dr. Savant's videos about the keto diet!

Main Office:

1 Shrader Street, Ste. 550, San Francisco, CA 94117
(415) 387-8031



來認識 **MARK SAVANT, M.D.**

美亞醫療集團內科醫生

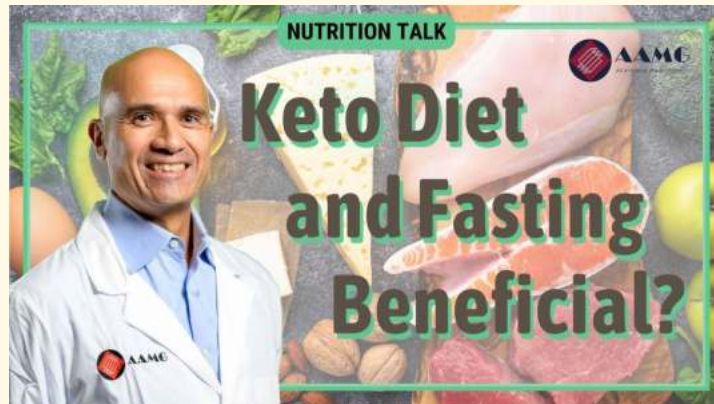


Mark Savant醫生是三藩市大學NCAA一級男子籃球隊的隊醫。今年是該球隊自1998年來，首次在NCAA一級男子籃球錦標賽中獲得一席之地。

- 在威斯康星州醫學院完成醫學學位
- 曾在聖克拉拉谷醫學中心接受內科培訓
- 曾在哥倫比亞大學外科與內科學院擔任3年臨床教員
- 在2001年創辦 **Savant 醫療集團**
- 曾擔任亞裔醫師諮詢委員會主席



“我喜歡從文化的角度出發思考問題，我在中國文化中長大，雖然我看上去並不像，但它離我很近，所以我知道那些食物真得很不錯”



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使用手機攝像頭掃描，或長按上方的二維碼來觀看Savant醫生有關生酮飲食的視頻!

Understanding Your Lipid Panel Results

Why do I need to take lipid panel tests?

A lipid panel test is one way to determine your cardiovascular health by checking the levels of your blood cholesterol. If you have high levels of cholesterol, it may lead to a buildup of plaque and increase the risk of coronary heart disease, heart attack, or stroke.

What do my lipid panel results mean?

The lipid panel results tell you the measure of your **total cholesterol**, **HDL** cholesterol ("good" cholesterol), **LDL** cholesterol ("bad" cholesterol), and **triglycerides**. LDL cholesterol aims to be below 100 mg/dL. The total cholesterol aims to be lower than 200 mg/dL, and the triglycerides aim to be lower than 150 mg/dL.

Total Cholesterol = HDL + LDL + 20% of Triglycerides

Desirable Level <200 mg/dL

High-density lipoprotein (HDL) Good Cholesterol

- Removes excess cholesterol in the arteries to the cells, protecting the cardiovascular system.
- Desirable Level > 50 mg/dL

Low-density lipoprotein (LDL) Bad Cholesterol

- Removes cholesterol from the cells to the arteries. High LDL can clog the arteries
- Desirable Level < 100 mg/dL

Triglyceride

- Triglyceride is another type of fat that circulates in the bloodstream. High levels of triglyceride may harden the arteries and increase heart disease.
- Desirable Level < 150 mg/dL



Lawrence Chao, M.D.

Dr. Chao is an internal medicine doctor from AAMG. He has practiced medicine in the San Francisco Bay Area for 25 years, with a clinic in San Francisco and in Burlingame.

Lawrence Chao, M.D.

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2645 Ocean Ave, Ste. 207
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(415) 333-3302

Second Office:

1750 El Camino Real, Ste 301
Burlingame, CA 94010
(650) 239-9996

If you want to learn more about lipid results and other tests, watch this interview (Chinese only) with Dr. Lawrence Chao on the AAMG Doctors YouTube channel!

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



一起來了解血脂檢查報告結果

我為什麼需要進行血脂檢查？

血脂檢查是透過檢測血液中的膽固醇水平，來判斷你心血管是否健康的一種方法。如果你的膽固醇過高，有機會導致斑塊聚集從而增加罹患冠心病、心臟病發，或中風的風險。

你的血脂檢查報告裡包含了什麼內容？

你的血脂檢查結果會告訴你有關總膽固醇，高密度膽固醇 HDL（“好”膽固醇），低密度膽固醇 LDL（“壞”膽固醇），以及甘油三酯等數值的情況。低密度膽固醇的目標是低於100 mg/dL，總膽固醇目標是要低於200 mg/dL，而甘油三酯的目標是要低於150 mg/dL。

總膽固醇 = 高密度膽固醇 + 低密度膽固醇 + 20%的甘油三酯
理想值 < 200 mg/dL

高密度膽固醇 (HDL) - 好膽固醇

- 高密度膽固醇可以清除動脈中過量的膽固醇，從而保護心血管系統。
- 理想值 > 50 mg/dL

低密度膽固醇 (LDL) - 壞膽固醇

- 低密度膽固醇將膽固醇從細胞帶到動脈中，低密度膽固醇過多可阻塞動脈。
- 理想值 < 100 mg/dL

甘油三酯

- 甘油三酯是另一種在血液中流動的脂肪，甘油三酯高會導致動脈硬化增加罹患心臟疾病的風險。
- 理想值 < 150 mg/dL



曹樂東醫生

美亞醫療集團的內科醫生。
服務三藩市灣區超過25年，
在三藩市和半島Burlingame
均有開設診所。

曹樂東醫生

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若想了解更多有關血脂檢查及其他檢查的資訊，歡迎觀看美亞醫療集團 YouTube 健康教育頻道中有關曹樂東醫生的專訪！(中文專訪)

使用手機攝像頭掃描或長按二維碼可馬上收看影片！





ARE YOU OR A FRIEND TURNING 65?

Medicare is available for people aged 65 or older, younger people with disabilities or with End Stage Renal Disease. Medicare covers Part A for Hospital insurance, and Part B for Medicare insurance.

If you're eligible for Medicare when you turn 65, you can sign up during the 7-month period:

- Begins 3 months before the month you turn 65
- At the month you turn 65
- Ends 3 months after the month you turn 65

If you don't sign up for Medicare Part A and Part B when you're first eligible, you'll have to pay a late enrollment penalty as long as you have the Part A and Part B coverage.

你或你的朋友是65歲嗎?

Medicare (聯邦醫療保險) 適用於 65 歲或以上人士、殘疾或患有末期腎病的人士。Medicare 涵蓋醫院保險的 A 部份和 醫療保險的 B 部份。

如果您在 65 歲時有資格獲得 Medicare, 您可以在 7 個月期間註冊:

- 在您年滿 65 歲前的 3 個月開始
- 在您年滿 65 歲的當月
- 在您年滿 65 個月後的 3 個月結束

如果您在第一次符合資格時沒有註冊 Medicare A 部份和 B 部份, 日後投保您必須就 A 部份和 B 部份的承保範圍支付延遲投保罰款。

What is Medicare Advantage? 什麼是 Medicare 優勢計劃?

Medicare Advantage (MA) is also called Part C, offered by private insurance companies. It covers both Part A and Part B, and most of the MA plans also include Part D for drug coverage. A lot of MA plans offer no additional monthly premium and include extra benefits for members like dental, vision, hearing, Over-the-counter benefits, etc.

Call us today at (415) 590-7418 to check if you are eligible and to find out more.

Medicare 優勢計劃 (MA) 亦稱為 C 部份, 由私人保險公司提供。它涵蓋 A 部份和 B 部份, 大多數 MA 優勢計劃還包括 D 部份的藥物承保。許多的 MA 優勢計劃不收取額外的月費, 並且為會員提供額外的福利, 例如牙科、視力、聽力、非處方藥福利等。

立即致電 (415) 590-7418 與我們聯繫, 以檢查您是否符合條件並了解更多詳情。



Member Relations Department offers in-person assistance for our members. Services including but not limited to:

- Finding a doctor
- Changing your Primary Care Physician
- Understanding your health plan benefits
- Questions about your medical bill and authorization
- Translation service
- Applying for Social Welfare like Medicare, Medi-Cal, Cal-Fresh, etc

會員關係部為我們的會員提供面對面的幫助。服務包括但不限於:

- 找尋醫生
- 轉換您的家庭醫生
- 了解您的健康計劃福利
- 查詢您的醫療賬單和醫療服務授權狀況
- 翻譯服務
- 申請 Medicare, 白卡, 糧食卷等社會福利

MEMBER RELATIONS 會員關係部

Call us at (415) 590-7418 during office hours Monday to Friday 8:30am – 5:00pm to schedule for an appointment.
請在週一至週五上午 8:30 至下午 5:00 的辦公時間致電 (415) 590-7418 與我們聯繫以安排預約。

 (415) 590-7418

 MemberRelationsDepartment@CCHCA.com

 823 Jackson St.
San Francisco, CA 94133

 <https://aamgdoctors.net/>

AAMG partners with a new Medicare Advantage Plan: Wellcare!

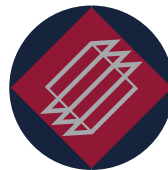
美亞醫療集團與新的聯邦醫療優勢計劃合作：維家保健！



Provider:

醫療服務提供者：

All American Medical Group



AAMG

All American Medical Group

美亞醫療集團

AAMG continues our goal to provide more options for the residents of San Francisco. We have recently partnered with Wellcare to provide another option to you. AAMG is currently contracted with the following Medicare Advantage plans: 美亞醫療集團繼續為三藩市居民提供更多選擇是我們的目標。我們最近與維家保健合作，為您提供多一種選擇。美亞醫療集團目前與以下聯邦醫療優勢計劃簽約：

- **Anthem Blue Cross** 安森藍十字
- **Brand New Day** 新一天
- **Wellcare** 維家保健

While Wellcare is proud to partner with AAMG, they're able to deliver high-quality, convenient care to our members, build a solid network with trusted providers, and improve the health and happiness of our communities as a whole. 維家保健很榮幸能為美亞的會員提供高質量、便捷的護理，與值得信賴的提供者建立穩固的網絡，並改善我們整體社區的健康和幸福。

If you're interested to learn more, please call:

如果您有興趣了解更多，請致電：

SAMANTHA LAU

Licensed Representative

LIC #4003916

(628) 224-8899

WWW.WELLCAREREP.COM/19300668

Member Relations

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

Open enrollment is available year round for those with both Medicare and Medi-Cal (dual eligible individuals), and for Medicare-eligible individuals with chronic conditions.

Please contact the Member Relations Department at (415) 590-7418 to join today!

投保註冊將對同時擁有Medicare聯邦醫療保險和Medi-Cal白卡（雙重資格）的人士，以及符合Medicare聯邦醫療保險資格的慢性病患者全年開放。今天起請致電(415) 590-7418 聯繫會員關係部申請加入！



CHINESE NEW YEAR CELEBRATION WITH MEMBERS 與會員共慶春節

AAMG has celebrated the Chinese New Year with our members at the Portsmouth Square on Feb 8, 2022. Members received their Chinese New Year gifts, and congratulations to our raffle prize winners!

2022年2月8日，美亞醫療集團在三藩市華埠花園角和我們的會員一起共慶春節。會員都收到他們的春節禮物。一起來祝賀我們的中獎幸運兒。

