

PULSE

SUMMER 2022 NEWSLETTER
FUN'S OUT! SUN'S OUT!



AAMG

All American Medical Group

美亞醫療集團

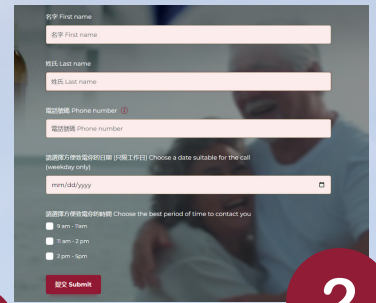
65歲以上的你

想知道如何減輕子女負擔

同時讓他們照顧好你的晚年？

預先醫療指示服務

可以幫到你！



如何預約你的服務

1. 用手機攝像頭掃描二維碼訪問我們的預約網頁，或訪問網址: booking.aamgdoctors.net/book-acp.
2. 在網頁上填寫你的個人資料然後點擊提交按鈕, 你也可請求你的醫生為你提供協助。
3. 我們的代表會聯繫你幫你開始這一切。



了解更多有關預先醫療指示的詳情:

醫療照顧事前指示

「醫療照顧事前指示」是你的醫療或護理指示。當醫護人員知道你在不清楚、昏迷或無法用語言表達自己意願的情況下，希望或不希望接受某種治療方式，或者指明一位代理人可以代替你做醫療上的決定。

法律上，你有合法的權利在清醒的時候（並非只是在生命垂危之際）向醫護人員交代你希望或不想接受什麼治療。如果你有一位代理人幫助你做決定，這位代理人必須是根據法律訂定的。

根據聯邦法律，「個人自主權利法」要求醫療機構和個人執行「醫療照顧事前指示」的權利。

您可以通過點擊以下鏈接下載「醫療照顧事前指示」表格。填好表格後，向您的醫生和護理計劃經理提供一份副本。

[請按「醫療照顧事前指示」](#)

視頻



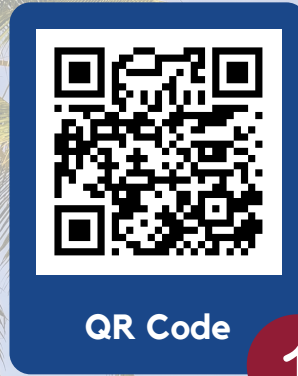
中文

我們的服務是免費的！



Are you a senior and want to reduce the burden on your family taking care of you?

Advance Care Planning (ACP) service can help you!



1

2

How to book your call

1. Scan the QR code using your phone's camera to visit the booking page, or visit: booking.aamgdoctors.net/booking.acp.
2. Fill in your information on the page and click the Submit button. You may ask your provider to assist you.
3. Our representative will get in touch with you to get started.



ADVANCE HEALTHCARE DIRECTIVES

The Advance Health Care Directive is your written or oral instruction to caregivers regarding which specific medical treatments you do or do not want to be performed in situations where you are unable to speak for yourself. Examples of such situations include if you are unconscious, in a coma, too ill to communicate your wishes or when you have chosen someone you trust to make these decisions for you.

By law, you have the legal right to provide these instructions to caregivers or an agent that you choose while you are capable of doing so, not only at the end of life. If you choose an agent to make these decisions for you, that person's responsibility is to make sure your wishes are carried out.


Under Federal law, the Patient Self-Determination Act requires health care facilities to inform patients of their rights to execute Advance Health Care Directives.

You can download the Advance Health Care Directive forms below. Once completed, you should provide a copy to your physician and your health plan.

VIEW ADVANCE HEALTH CARE DIRECTIVE

Related Videos About Advance Directives

- The Importance of an Advance Directive
- How to Properly Fill Out an Advance Directive
- What Dr. Victor Kwok's Experience Tells You About Advance Directives



English

Our Service is Free!



預先醫療指示計劃

預先醫療指示計劃 (ACP) :

這是幫助成人及其家人理解和分享他們的價值觀、目標和未來醫療選擇偏好的過程。作為預先醫療指示計劃的一部分，**預先醫療指示**是一份提供給你的護理人員及醫療保健提供者的法律文件，在你無法為自己發聲的情況下，這些情況包括失去知覺、處於昏迷狀態、病重等無法表達意願時，它可明確你希望或不希望接受哪些特定治療，你也可選擇信任的人來作出這些決定。

掃描二維碼觀看視頻

讓美亞醫療集團的醫生帶你更好了解預先醫療指示計劃 (ACP)



跟余榮嶽醫生了解預先醫療指示
(粵語)
余榮嶽醫生

余榮嶽醫生診所地址:
1431 Noriega Street, San Francisco, CA, 94122
電話: (415) 759-3777



預先醫療指示在危急關頭
如何發揮重要作用
(國語)
傅清泉醫生

傅清泉醫生診所地址:
818 Jackson Street, Suite 202, San Francisco,
CA, 94133
電話: (415) 312-9094



老年科醫生郭維達和你探討
預先醫療指示
(英文)
郭維達醫生

郭維達醫生診所地址:
1431 Noriega Street, San Francisco, CA, 94122
電話: (415) 759-3777



AAMC
美亞醫療集團



Self-Help for
the Elderly
安老自助處

Advance Care Planning

Advance Care Planning (ACP)

It is the process that helps adults and their families understand and share their values, goals, and future medical care preferences. As part of ACP, the **Advance Health Care Directive** is a legal document for your caregiver and health care provider regarding which specific medical treatments you do or do not want to be performed in situations where you are unable to speak for yourself. Examples of such situations include if you are unconscious, in a coma, too ill to communicate your wishes, or when you have chosen someone you trust to make these decisions.

Scan QR codes to watch the videos
and learn more about ACP from AAMG Doctors.



Learn About Advance Care Planning
from Dr. Hans Yu
(Cantonese)
HANS YU, D.O.

Dr. Hans Yu's office:
1431 Noriega Street
San Francisco, CA 94122
Phone: (415) 759-3777



Why Advance Care Planning Matters
in Critical Conditions
(Mandarin)
QINGQUAN FU, M.D.

Dr. Qingquan Fu's office:
818 Jackson Street, Suite 202
San Francisco, CA 94133
Phone: (415) 312-9094



Geriatrician, Dr. Victor Kwok,
Discusses Advance Care Planning
(English)
VICTOR KWOK, M.D.

Dr. Victor Kwok's office:
1431 Noriega Street
San Francisco, CA 94122
Phone: (415) 759-3777



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Self-Help for
the Elderly
安老自助處



AAMMG

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美亞醫療集團

YOUR CHOICE. YOUR HEALTH. OUR MISSION.

你的選擇

你的健康

我們的使命

WELCOME ABOARD

SEE WHO HAS JOINED AAMMG 歡迎新加入的醫生

INTERNAL MEDICINE 內科

Desiree Arretz, M.D.

Mission Neighborhood Health Center
1580 Valencia St., Ste 506
San Francisco, CA 94110
(415) 852-4080



Raymond Ha, M.D. 夏理明醫生

WLQ Clinic - Taraval
1044 Taraval Street
San Francisco, CA 94116
(415) 566-3808



*(Accepting contracted
Medicare Advantage Plans Patients Only)*
只接受聯邦醫療優惠健康計劃的病人

(Accepting New Patients)
接受新病人

Yangchen Dolkar, M.D.

Mission Neighborhood Health Center
1580 Valencia St., Ste 506
San Francisco, CA 94110
(415) 852-4080



Michael Schrader, M.D.

1199 Bush St., Suite 400
San Francisco, CA 94109
(415) 379-2980



*(Accepting contracted
Medicare Advantage Plans Patients Only)*
只接受聯邦醫療優惠健康計劃的病人

(Accepting New Patients)
接受新病人

FAMILY MEDICINE 家庭科

Laura Zavala, M.D.

Mission Neighborhood Health Center
240 Shotwell St.
San Francisco, CA 94110
(415)-552-3870



*(Accepting contracted
Medicare Advantage Plans Patients Only)*
只接受聯邦醫療優惠健康計劃的病人

OPHTHALMOLOGY 眼科

Emily Charlson, M.D.

Pacific Eye Associates
2100 Webster St., Ste. 214
San Francisco, CA 94115
(415) 923-3007



Matthew Zore, M.D.

Peninsula Ophthalmology Group
1720 El Camino Real, Ste. 225
Burlingame, CA 94010
(650) 697-3200

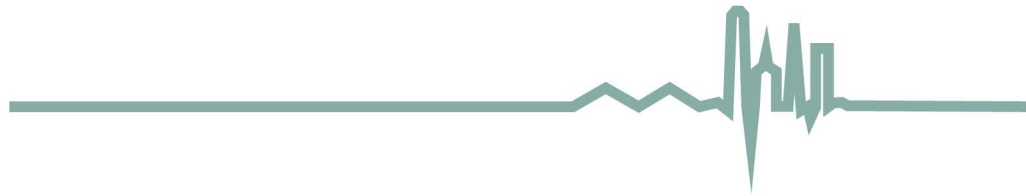


(Accepting New Patients)
接受新病人

(Accepting New Patients)
接受新病人



<https://aamgdoctors.net/find-my-physician>

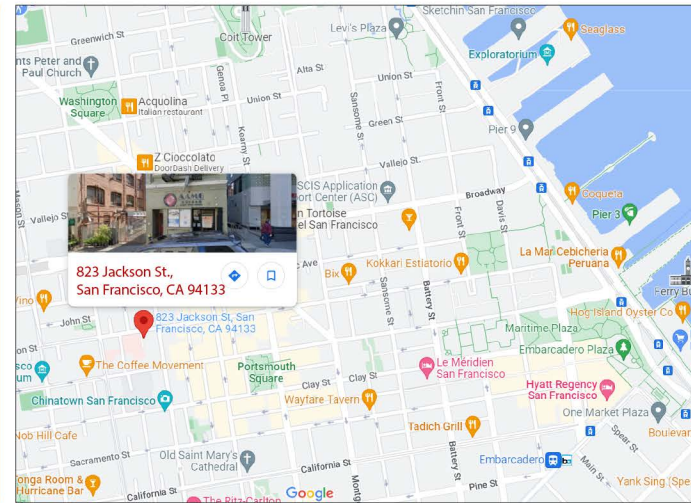


We provide personalized assistance to help you understand your medical system and your plan benefits. We can help you with:

- Finding a doctor
- Changing your Primary Care Physician
- Understanding your health plan benefits
- Questions about your medical bills and authorization status and more...

我們的團隊提供個人化的幫助, 協助您了解您的醫療系統和您的健康計劃福利。我們可以幫助您:

- 尋找醫生
- 更換您的家庭醫生
- 了解您的健康計劃福利
- 查詢醫療賬單和授權狀態的問題等等.....



Our office is open for in-person appointments Monday to Friday from 8:30am – 5:00pm at 823 Jackson St., San Francisco. Members can also call us through telephone at (415) 590-7418 for inquiries. 我們的辦公室在三藩市貝臣街823號開放時間週一至週五上午 8:30 至下午 5:00提供已預約的服務。會員也可致電 (415) 590-7418與我們進行查詢。

Medicare Pre-enrollment Checklist for people who are turning 65 適用於 65 歲人士的聯邦醫療保險預登記清單
Medicare is available for people aged 65 or older. Medicare Pre-enrollment checklist helps you to follow the enrollment schedule to make sure you have Medicare coverage in place. 聯邦醫療健康保險適用於 65 歲或以上的人士。聯邦醫療健康保險投保前核對表可幫助您遵循註冊時間表, 以確保您擁有聯邦醫療健康保險的承保範圍。



7-11 months before you turn 65 / 65 歲之前的 7-11 個月

Start exploring Medicare coverage options available / 開始探索可用的聯邦醫療保險覆蓋選項

6 months before you turn 65 / 65 歲之前的 6 個月

Continue to learn about your Medicare coverage options / 繼續了解您的聯邦醫療保險承保選項

3 months before you turn 65 / 65 歲之前的 3 個月

- Enroll in Original Medicare / 加入原始的聯邦醫療保險
- Arrange for Medicare coverage to help fill the gaps in Original Medicare / 安排醫療保險以幫助填補原始聯邦醫療保險的空白

Your 65th birthday month / 您的 65 歲生日月份

Sign up for Medicare coverage, such as Medicare Advantage plan, even if you're already enrolled in Original Medicare / 登記註冊聯邦醫療保險, 例如聯邦醫療保險優勢計劃, 即使您已經加入原始的 聯邦醫療保險

3 months after your turn 65 / 65 歲後的 3 個月

- You should be enrolled in Original Medicare by now / 您現在應該加入了原始的聯邦醫療保險
- Be sure to have Medicare coverage in place / 確保有醫療保險覆蓋範圍

Please contact Member Relations if you would like more information and learn more about Medicare Advantage plans. 如果您想了解更多資訊並了解有關聯邦醫療健康優惠計劃的更多信息, 請聯繫會員關係部。



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Summer 2022 NEWSLETTER

Printed on Recycled Paper

Member Relations/會員關係部

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註冊。今天起請致電 (415) 590-7418 聯繫會員關係部申請加入！



65歲以上的你，有否考慮減輕子女負擔同時讓他們照顧好你的晚年？

預先醫療指示可以幫到你！

快來和我們聯繫，讓我們幫你了解及開始這一切！

我們的服務是免費的！

快來評估你是否做好準備！

Are you a senior and want to reduce the burden on your family taking care of you?

Advance care planning can help you do that!

Book a call with us to get in touch with us to learn more and get started. **Our service is free!**

Take our assessment today to see if you're ready!

掃描二維碼進行評估以及預約。

馬上預約讓你及家人再無後顧之憂！

Scan the QR code to take our assessment and book a call.

Book a call NOW and leave you and your family with peace of mind!

掃描二維碼

Scan the QR code

