

PULSE

FALL 2020 NEWSLETTER

THE IMPORTANCE OF A FLU PROTECTION

流感防護的重要性



**SAFETY PROTOCOLS
IN EFFECT!
有效的安全規程!**



**GET THE *SHOT*,
NOT THE *FLU*!
接種疫苗,
不要流感!**

DON'T DELAY! SEE YOUR DOCTOR TODAY!

不要拖延! 今天就去看醫生!

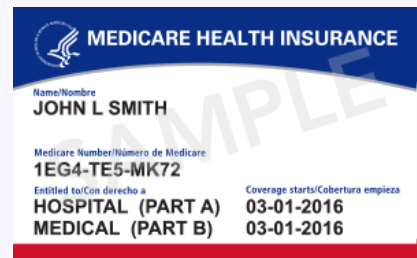


Are You or a Friend Turning 65?

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
- Ends 3 months after the month you turn 65
滿65歲後的3個月後結束
- Includes the month you turn 65
包括您滿65歲的月份

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.

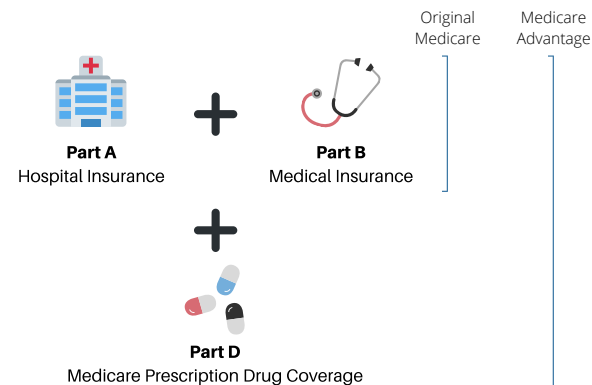
你是65歲嗎？今天致電（415）590-7418，以查詢您是否符合資格。

Do you Need Prescription Drug Coverage?

您需要處方藥保險嗎？

Medicare Advantage (MA) plans are offered through private insurance companies. MA Health plans include prescription drug coverage (Part D) and extra benefits, like dental, vision, hearing, and fitness, often for no additional monthly premium.

Medicare Advantage (MA) 計劃通過私人保險公司提供。MA 健康計劃包括處方藥承保（D部分）和額外的福利，例如牙科，視力，聽力和健身，通常不需要額外的月費。



Medicare Open Enrollment is Oct 15th - Dec 7th 聯邦醫療保險參保開放期10月15日至12月7日!

The annual Open Enrollment Period will start on Oct 15th until Dec 7th, you can sign up for a new health plan, change or disenroll from the plan. There are various ways for you to find out more information through AAMG Member Relations:

每年一度聯邦醫療保險參保開放期由10月15日至12月7日，您可以註冊新的健康計劃，更改計劃或取消該計劃的註冊。您可以透過AAMG會員關係部的不同方式查找更多信息：

- Call our dedicated hotline at (415) 590-7418
致電專用會員關係熱線(415) 590-7418
- Email us your questions at member.relations@aamgdoctors.com
通過電子郵件將您的問題發送到 member.relations@aamgdoctors.com
- Schedule a 30-minute video call to learn more about your health plan benefits with a licensed representative
安排30分鐘的視頻通話，與持牌代表進一步了解您的健康計劃福利
- Add AAMG Member Relations on WeChat to message or video chat with us
在微信上加入AAMG會員關係可以和我們交談或視頻交談
- Make an appointment to meet our representative in-person
預約到我們的辦公室與代表面談



Scan this code to add
AAMG on Wechat!
在微信上掃描此代碼加入AAMG!

Stay Healthy By Getting a Free Flu Shot 注射流感疫苗確保健康



To help ensure the safety of your health, you are recommended to get a flu shot at no cost to protect you and your family – it prevents individuals from getting sick, limits the spread of flu from person to person, and reduces the chance of hospitalization. Everyone ages 6 months and older should get their yearly flu shot this Fall. Members can go to any in-network pharmacy with your health plan ID card in order to get the flu shot. You could also see your doctor now for flu shot and regular health maintenance. Your doctor is following safety protocols. Don't delay, see your doctor today!

為了確保您的健康安全，我們建議您接種免費流感疫苗以保護您和您的家人 - 防止個人生病，限制流感在人與人之間的傳播，並減少住院的機會。年齡在6個月或以上的人士都應該在今年秋天注射流感疫苗。會員可到任何一家網絡內的藥房出示您的健康計劃卡以接受流感疫苗。您也可以約見家庭醫生，注射流感疫苗針和定期的健康檢查。您的醫生正在遵循安全規程。不要拖延，今天去看醫生！。

The Importance of Flu Shot Vaccine

什麼是流感疫苗

Interview with Dr. Jennifer Hsu, M.D.

Why should I get the flu vaccine?

為什麼要接種流感疫苗？

Getting a flu shot is a safe and nexpensive way to stay healthy. 80% of children who die from the flu are not vaccinated. This year, it is more important than ever before to get the flu vaccine since both the flu and COVID-19 will be present. It is possible to get the flu and COVID-19 at the same time which can make you sicker with more severe symptoms and complications, like acute respiratory distress syndrome, sepsis, or multi-organ system failure. Furthermore, preventing the flu will help save health care resources for fighting COVID-19 and will help save more lives.

接種流感疫苗是保持健康的安全且廉價的方法。死於流感的兒童中有80%沒有接種疫苗。今年，接種流感疫苗比以往任何時候都更加重要，因為流感和COVID-19將會同時出現。這可能導致同時感染流感和COVID-19，使您病情加重，出現更嚴重的症狀和並發症，例如急性呼吸窘迫綜合症，敗血症或多器官系統衰竭。此外，預防流感將有助於節省抗擊COVID-19的醫療資源，並有助於挽救更多生命。

When should I get the flu vaccine?

我什麼時候應該接種流感疫苗？

Everyone over the age of 6 months should get the flu vaccine before the end of October. 所有6個月大或以上的人群都應在十月底之前接種流感疫苗。

What is the difference between Influenza (Flu) and COVID-19?

流感和COVID-19有什麼區別？

There are many similarities between the flu and COVID-19, but they are not the same. Both are spread through droplets and are respiratory viruses. Classic symptoms for the flu include fever, body aches, headache, fatigue, cough and shortness of breath. Classic symptoms for COVID-19 include the same symptoms for flu plus more including sore throat, rashes, and loss of taste or smell.

流感和COVID-19之間有很多相似之處，但並不相同。兩者都通過飛沫傳播，並且都是呼吸道病毒。流感的典型症狀包括發燒，身體疼痛，頭痛，疲勞，咳嗽和呼吸急促。COVID-19不僅有與流感相同的症狀，甚至出現更多症狀，包括喉嚨痛，皮疹和味覺或嗅覺喪失。

Can the flu vaccine give you the flu?

流感疫苗會引起流感嗎？

The flu shot cannot and will not give you the flu. 流感疫苗不能也不會引起流感

Should I still get the flu vaccine if COVID-19 is spreading?

如今COVID-19正在蔓延，我是否仍應接種流感疫苗？

Yes. You can protect yourself and your family's health by getting the flu shot.

是的，您應該接種流感疫苗。注射流感疫苗可以保護自己和家人的健康。

I have not gotten a flu vaccine in the last few years, should I still get vaccinated this year?

如何減少感染COVID-19和流感的風險?

It is important to get the flu shot every year regardless of whether you have received it or not in prior years. There are many different flu strains and it is constantly changing each year. Each year the flu vaccine is updated to best match circulating flu viruses. Flu vaccines protect against the 3 or 4 most common predicted flu strains based on research.

不管您往年是否接種過流感疫苗，每年都接種流感疫苗是很重要的。因為流感毒株有許多種，而且每年都在不斷變化。每年流感疫苗都會進行更新，使其與流行的流感病毒匹配良好。根據研究，流感疫苗可預防可能引發疾病的3或4種最常見的流感毒株。

Which is more dangerous, the flu or Covid 19?

流感和COVID-19哪個更危險?

Both the flu and COVID-19 can result in serious illness or death. Based on current data, COVID-19 is more dangerous, but that should not deter you from getting the flu, including getting the flu vaccine.

兩者都危險。流感和COVID-19都可能導致嚴重的疾病或死亡。根據當前數據，COVID-19更加危險，但這並不意味著您不需要盡一切努力防止自己感染流感，包括接種流感疫苗。

Is it safe to go to the doctor's office during the pandemic? I am high-risk for serious illness from COVID-19.

我屬於COVID-19重病高風險人群，在病毒大流行期間前往醫生診所安全嗎?

Yes, it is safe to visit your doctor during the pandemic. Doctors' offices are taking extra precautions to prevent the spread of COVID-19. You will be required to wear a mask and socially distance from others. You will also be required to complete a screening questionnaire and receive a temperature check. It is important to visit the doctor if you have an illness that cannot be seen by telemedicine since the doctor will be able to do a more thorough physical examination that cannot be done via telemedicine. In addition, your doctor will be able to give you the necessary immunizations to help keep you healthy and prevent illness.

是安全的。在病毒大流行期間仍然去看醫生是安全且重要的。醫生診所正採取額外的預防措施，以防止COVID-19的傳播，包括採取額外的清潔措施。您必須戴上口罩並與他人保持社交距離。您還需要填寫一份篩查問卷和接受體溫檢查。如果您所患疾病無法通過遠程醫療看診，請務必前往醫生診所就診，因為這樣醫生才能夠進行更徹底的身體檢查，而這是遠程醫療無法完成的。此外，您的醫生將能夠為您提供必要的免疫接種，以幫助您保持健康並預防疾病。



Dr. Jennifer Hsu, M.D. (許欣蕙醫生)
Specialty: Pediatrics (兒科)

Office 辦公室: 929 Clay St. Ste 201,
San Francisco, CA 94108

Dr. Jennifer Hsu is a pediatrician who has always enjoyed working with children and love their indomitable spirit, resiliency, and energy. Her interests include newborn/infant care, adolescent health, preventive medicine, and chronic disease management. Dr. Hsu is always happy to see new patients. Her office number is (415) 529-1129.

許欣蕙醫生是一名獲得董事會認證的兒科醫生，她一向喜歡與孩子們一起工作，並熱愛他們頑強的精神，韌性和活力。她的興趣包括新生兒/嬰兒護理，青少年健康，預防醫學和慢性病管理。許醫生很高興接見新病人。她的辦公室電話是 (415) 529-1129。

Member Relations Department 會員關係部

Member Relations Office Resume In-Person Service by Appointment 會員關係部恢復已預約的面談服務

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
Mandarin 普通話

Toishanese 台山話
English 英語

COVID-19 Testing 新冠疫情測試站點

If you think you have COVID-19, please call your doctor and schedule an appointment. Most provider offices have implemented a process of telehealth services where you can see your doctor in the comfort and safety of your own home. If you are not able to access a medical provider, testing is currently available for any person living in San Francisco who has 1 symptom, or has been in close contact with a positive COVID-19 person. Please visit the link below to find out more locations that offer free testing.

如果您認為自己患有COVID-19，請致電您的醫生並安排預約。大多數醫生辦公室都實施了遠程醫療服務流程，您可以在舒適，安全的家中看醫生。如果您無法約見醫生，則目前對居住在舊金山的任何有1種症狀或與COVID-19陽性患者有密切聯繫的人都可以進行測試。請到訪下面的鏈接以查找更多提供免費測試的地點。

CityTest SF - SoMa

600 7th Street, San Francisco, CA

Eligibility 資格: Anyone living or working in SF.
No insurance required. 在舊金山居住或工作的任何人士。無需保險。

Hours 時間: 8:30am-4:30pm M-F

CityTest SF - Piers 30/32

599 The Embarcadero, San Francisco, CA

Eligibility 資格: Anyone living or working in SF.
No insurance required. 在舊金山居住或工作的任何人士。無需保險。

Hours 時間: 8am-6pm Every Day

Visit <https://sf.gov/find-out-how-get-tested-coronavirus> for more testing locations.

到訪<https://sf.gov/find-out-how-get-tested-coronavirus>了解更多測試位置。

Thanksgiving Drawing Contest

感恩節繪畫比賽

Drawing Theme 繪畫主題

What Are you Thankful For? 什麼令你感恩?

Age Groups 年齡組別

(1) 0-9 yrs old , **(2)** 10-14 yrs old , **(3)** 14-18 yrs old

Prize 獎品

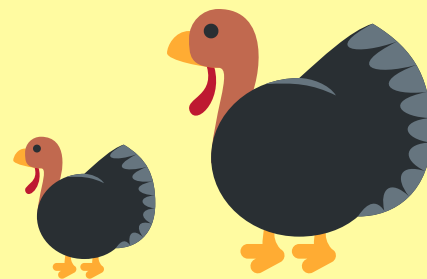
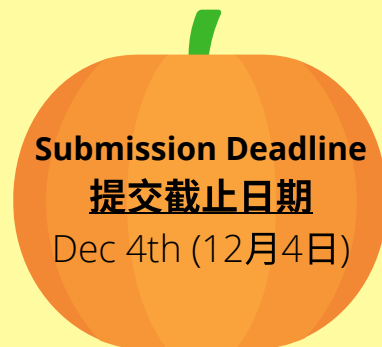
One winner from each age group will get (1) \$100 gift card!!
 每個年齡組別的一名獲獎者將獲得 (1) \$100禮品卡!!

Guidelines 參加指引

- **Must be hand drawn artwork. Can be wet or dry medium.**
 必須是手繪美術作品。可以是濕或乾的顏料。
- **Letter size paper or 8.5in x 11in.**
 信紙大小的紙張或8.5英寸x 11英寸

Submission 遞交

- **Submit art work through our website at AAMGDoctors.com/Events**
 通過我們的網站AAMGDoctors.com/Events提交藝術作品
- **Winning entries will be posted on our website on December 11th 2020.**
 獲獎作品將於2020年12月11日發佈在我們的網站上。
- **For official rules, visit www.AAMGDoctors.com/Events**
 有關官方規則，請訪問www.AAMGDoctors.com/Events



For future updates and contests,
 please check our website, Facebook, or Youtube page!
 有關將來的更新和比賽，請瀏覽我們的網站，Facebook
 或Youtube頁面!



AAMG
美亞醫療集團

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/c/AAMGDoctors  Facebook Facebook.com/DoctorsAAMG

HALLOWEEN PICTURE CONTEST

萬聖節攝影大賽

SUBMIT A PICTURE OF YOUR HALLOWEEN COSTUME ON OUR WEBSITE TO GET A CHANCE TO WIN \$100!

在我們的網站上提交您的萬聖節服裝圖片，
即可有機會贏取 \$100!

How to Enter? 輸入方式?

Go to AAMGdoctors.com/events. Fill out the form and upload your picture. Open to all ages!

前往AAMGdoctors.com/events。填寫表格並上傳圖片。
開放給所有年齡段。

For official rules and additional events, please visit our website at AAMGDoctors.com/events.

有關官方規則，請訪問我們的網站AAMGDoctors.com/events。



Hosted by:

Co- Hosted by:



AAMG
美亞醫療集團

