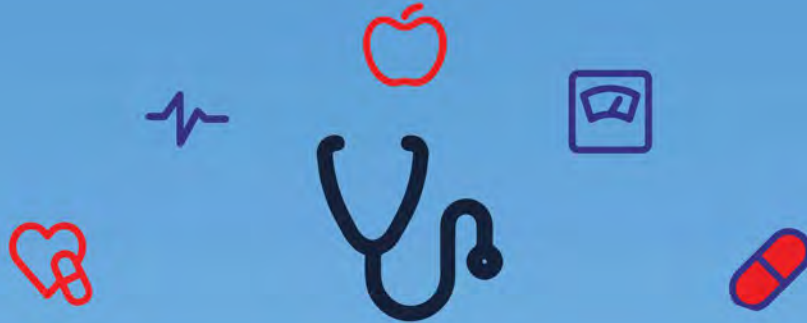


PULSE FALL 2022 NEWSLETTER "TALK TO ME, AAMG"



TOP
MEDICAL GROUP



AAMG

All American Medical Group
美亞醫療集團

OPEN ENROLLMENT 10/15 TO 12/7!



最新健康教育影片推介

如何避免不必要的痛苦及如何維持家庭的和諧？

梁禮崇醫生用親身經告訴你預先醫療指示的重要性

梁醫生表示在設立預先醫療指示時，首先需要找一個信得過的人，這個人還必須清楚他不會做太情緒化的決定。

另外在設立預先醫療指示之前，梁醫生表示除了要知會你的家人之外，還應該和你的主治醫生商量，從而作出正確的決定。掃描右邊二維碼觀看完整影片。



梁禮崇醫生診所地址:

929 Clay Street, Suite 503
San Francisco, CA 94108
診所電話: (415) 986-3215

坐診時間:

(週一至週五)
9:00 AM - 5:00 PM

不只毆打才算虐待，哪些情況也算老人虐待？

陳鴻傑醫生為你介紹老人虐待的分類

在美國老人遭受虐待很常見，除了虐打，掌摑這些肢體的虐待之外，陳醫生表示對長者說一些負面的說話，也算是精神虐待的一種。

另外，陳醫生表示疏忽照顧長者原來也算老人虐待的一種。想了解更多老人虐待的分類。掃描左邊二維碼觀看完整視頻。



陳鴻傑醫生診所地址:

728 Pacific Avenue, Suite 402 (週一至週五) 9:00 AM - 5:00 PM
San Francisco, CA 94133 (週六) 9:00 AM - 12:30 PM
診所電話: (415) 421-4525

坐診時間:



Recommended Videos About Health Education

How can you avoid suffering and keep the peace in your family?

Dr. Eric Leung shares his experience to discuss the importance of an Advance Care Directive (ACD).

According to Dr. Leung, when setting up an ACD, your medical decision-maker should be trustworthy and able to make rational decisions over emotional ones.

Dr. Leung also notes that in addition to discussing the ACD with your family, you should also discuss it with your doctor before creating it to ensure you can make the best decisions. Scan the QR code on the right to watch the full video.

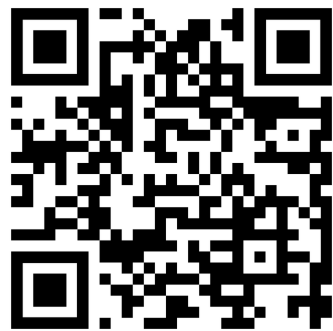


Dr. Eric Leung's office: 929 Clay Street, Suite 503 San Francisco, CA 94108 Phone: (415) 986-3215	Office Hours: (M-F) 9:00 AM - 5:00 PM
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Other than physical abuse, what else constitutes elder abuse?

Dr. Kenneth Chang describes the categories of elder abuse.

Elder abuse is common in the United States. Dr. Chang mentions that unpleasant comments directed at the elderly are just as abusive as physical violence.



In addition, Dr. Chang says one form of elder abuse is failing to provide for their needs. Scan the QR code on the left to watch the full video on elder abuse.



Dr. Kenneth Chang's Office: 728 Pacific Avenue, Suite 402 San Francisco, CA 94133 Phone: (415) 421-4525	Office Hours: (M-F) 9:00 AM - 5:00 PM (Sat) 9:00 AM - 12:30 PM
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有關預先醫療指示 你需要克服的10個藉口

馬上預約了解更多預先醫療指示資訊!

1. "我不清楚預先醫療指示是什麼。"

- 預先醫療指示是一份可以說明你醫療意願的法律文件;
- 你可在我們的網站及社交媒體找到預先醫療指示的資訊;
- 你也可預約我們的免費諮詢服務。

2. "預先醫療指示聽上去很不吉利。"

- 預先醫療指示不只針對垂死的人。
- 完成預先醫療指示能令你的醫療決定得到尊重。

3. "在預後階段才討論預先醫療指示為時已晚。"

- 應在你仍有足夠精力時處理你的醫療事宜。

4. "太多文件，令我感到困惑。"

- 保留一份文件然後分享給你所有的醫生，並在有更新時及時告知他們。

5. "我不知道什麼時候適合談論預先醫療指示。"

- 如果你已經準備好，請主動向你的醫生提及這個話題。

6. "我覺得只有我的家人而非我自己，可以為我作出醫療決定。"

- 請考慮清楚你的意願從而保障你的生活質量;
- 請考慮清楚誰能為你作出醫療決定。

7. "我害怕成為家庭的負擔。"

- 當你的醫生想知道，但你又無法表達你的醫療意願時，你才會成為負擔。

8. "我害怕醫生會強加我不想要的東西給我。"

- 在預先醫療指示中，你的醫療選擇將以法律文件的形式被記錄下來;
- 你的醫生必須遵循你的預先醫療指示。

9. "我還年輕，無需預先醫療指示。"

- 你永遠都不會因為太年輕而不需要預先醫療指示;
- 緊急情況隨時都會發生。

10. "我足夠健康，無需預先醫療指示。"

- 無論健康與否，意外都在所難免，越早設立預先醫療指示，你及家人就能做越多的準備。



掃描二維碼
和我們預約免費諮詢服務
讓你更好了解預先醫療指示

或

你也可撥打以下電話
預約諮詢服務
(415) 533-6440
(415) 677-7585



AAMG
美亞醫療集團



Self-Help for
the Elderly
安老自助處

10 EXCUSES ABOUT ADVANCE CARE DIRECTIVES TO OVERCOME

**BOOK A CALL TO LEARN MORE ABOUT
ADVANCE CARE DIRECTIVES (ACD) NOW!**

1. "I'm not sure what an ACD is"

- An ACD is a legal document specifying your medical wishes.
- Find resources about ACD on our website and social media.
- Book a free consultation with us.

2. "An ACD sounds ominous."

- ACD is not only for those who are dying.
- Completing an ACD can honor your medical decisions.

3. "It's too late to discuss ACD after being given a prognosis."

- Handle your medical affairs when you still have your full mental capacity.

4. "There are too many documents, I get confused."

- Have one form of documentation to share and update between all your doctors.

5. "I have no idea when to talk about it."

- Bring it up with your doctor when you are ready.

6. "I think my family can make the medical decisions but not myself."

- Think about your wishes to ensure your quality of life.
- Think about who your decision maker will be.

7. "I'm afraid to be a burden to my family."

- It only becomes a burden when you cannot speak about your medical wishes at a time when your doctor needs to know.

8. "I'm afraid my doctor will push for things I don't want."

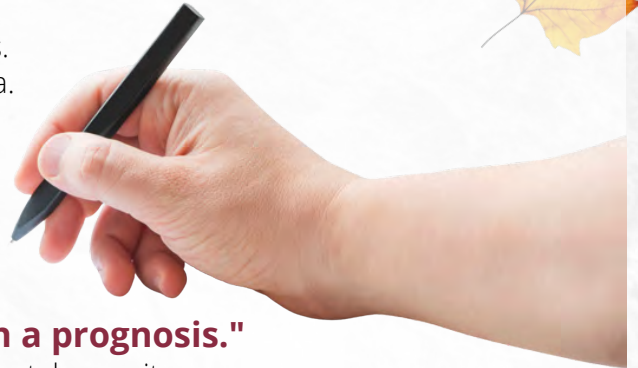
- Your health choices will all be documented legally in the ACD.
- The doctor must follow your ACD.

9. "I'm too young for an ACD."

- You are never too young to have an ACD.
- Emergencies can happen at any time.

10. "I'm too healthy for an ACD."

- Healthy or not, unexpected events in life can happen. The sooner you make an ACD, the more prepared you and your family will be.



Scan the QR code
and book a free call
with us to learn
more about ACD

OR

Make an appointment
by calling
(415) 533-6440
(415) 677-7585



改變的季節

聯邦醫療優勢計劃年度開放期 10月15日至12月7日

美亞醫療目前與以下 Medicare Advantage 聯邦醫療優勢計劃簽訂了合同：

- 安森藍十字 (HMO) • 新一天(HMO) • 維家保健(HMO)

如果您有興趣了解有關與美亞醫療簽訂的 Medicare Advantage 聯邦醫療優勢計劃的更多詳情，請致電 (415) 590-7416 聯繫我們。

成功參與諮詢會可獲禮品一份。 

聯邦醫療優勢計劃年度開放期允許受益人：

從原始 Medicare
更改為 Medicare Advantage
聯邦醫療優勢計劃



從 Medicare Advantage
聯邦醫療優勢計劃轉回原始
Medicare



從一個 Medicare Advantage
聯邦醫療優勢計劃切換到另
一個 Medicare Advantage
聯邦醫療優勢計劃



許多 Medicare Advantage 聯邦醫療優勢計劃提供原始 Medicare 沒有涵蓋的額外福利，例如視力保健、助聽器、交通服務、非處方藥福利等等.....

會員關係社區外展

美亞醫療會員關係代表將安排在以下地點回答您有關 Medicare Advantage 聯邦醫療優勢計劃年度開放期的問題。

地點：三藩市市立學院唐人埠分校201號房三藩市Kearny街808號

日期：10/20, 10/27, 11/01, 11/08, 11/17, 12/01 時間：上午10:00 – 上午11:00



Season of Change

Medicare Advantage Plan Annual Enrollment Period (AEP) 10/15-12/7

AAMG currently has contracts with these Medicare Advantage Plans

- Anthem Blue Cross (HMO)
- Brand New Day (HMO)
- Wellcare by Health Net (HMO)

If you are interested in knowing more information about the contracted Medicare Advantage Plans with AAMG, please contact us at (415) 590-7416 for a consultation session.

A gift is awarded for successful participation in the consultation session.



AEP Medicare Advantage allows Medicare beneficiaries

Change from
Original Medicare to a
Medicare Advantage Plan



Change from a
Medicare Advantage Plan
back to
Original Medicare



Switch from one
Medicare Advantage Plan
to another
Medicare Advantage Plan



Many Medicare Advantage Plans offer Extra Benefits that Original Medicare does not cover, such as vision care, hearing aid, transportation services, Over-the-Counter benefits, and more...

Member Relations Community Outreach

AAMG Member Relations representatives will be scheduled at the following locations to answer your questions about Medicare Advantage during AEP.

Location: City College of San Francisco Chinatown North Beach Center
808 Kearny St., Room 201, San Francisco, CA 94111

Date: 10/20, 10/27, 11/01, 11/08, 11/17, 12/01 | Time: 10am – 11am





AAMG

All American Medical Group

Fall 2022 NEWSLETTER

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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！



Website
網站



YouTube



Facebook



WeChat
微信



掃描二維碼加入
美亞醫療集團電郵名單
獲取海量健康視頻，講座，及抽獎活動資訊。

Scan the QR code and join the **AAMG Email List** to receive information about health videos, workshops, and raffle events.

