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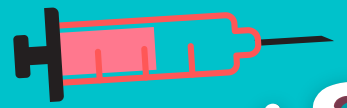
All American Medical Group

美亞醫療集團

CHRISTMAS STORY

**MEDICARE ADVANTAGE PLANS
EFFECTIVE IN 2023**

Have you gotten your flu shots yet?



Though it is recommended to get vaccinated by the end of October, vaccination afterward can still provide protection during the peak of flu season.

Common signs & symptoms of the flu

- Fever/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Vomiting or diarrhea (more common in children)



Are you 65 years or older?

Three flu vaccines are recommended for you during the 2022-2023 flu season.

- **Fluzone High-Dose Quadrivalent**
 - Stronger immune response than other standard-dose vaccines
- **Flublok Quadrivalent** (recombinant flu vaccine)
 - not made with the flu virus or chicken eggs
- **Fluad Quadrivalent** (adjuvanted flu vaccine)
 - Has an added ingredient that helps create a stronger immune response to vaccination

If none is available, you should get any other age-appropriate flu vaccine instead.

Not recommended if you have a history of severe allergic reactions to any influenza vaccine or to vaccine components other than eggs.





您接種流感疫苗了嗎？

雖然建議大家在10月末前完成流感疫苗的接種，不過在此之後接種流感疫苗，還是能夠在流感季節高峰期為您提供保護。

流感的常見症狀

- 發燒/發冷
- 咳嗽
- 喉嚨痛
- 鼻塞或流鼻涕
- 肌肉或身體酸痛
- 頭痛
- 感覺虛弱(疲憊)
- 嘔吐或腹瀉
(常見於兒童身上)



您是65歲或以上的長者嗎？

在2022至2023年流感季，推薦您接種三種流感疫苗。

- **高劑量四價疫苗**
 - 比起其他標準劑量疫苗有更強的免疫反應
- **呼倍抗四價疫苗 (重組流感疫苗)**
 - 不是由流感病毒或者雞蛋製作而成
- **Fluad四價疫苗 (佐劑流感疫苗)**
 - 添加一種成分有助身體對疫苗產生更強的免疫反應



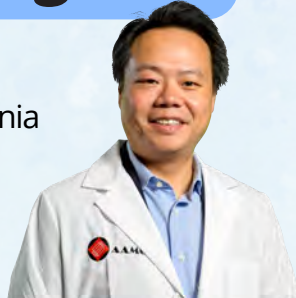
若無以上疫苗，建議接種其他適合您年齡層的流感疫苗。

如果您曾對任何疫苗或者雞蛋以外的疫苗成分過敏，則不建議接種。

Doctors Talk About the Flu

How to Protect Yourselves Against the Flu

The flu can cause pneumonia and bronchitis. It can also worsen chronic health conditions. In this video, Dr. Victor Kwok explains the symptoms of the flu, treatment options, and prevention.



Victor Kwok, M.D.
Internal Medicine
Geriatric Medicine

What's the Difference? Cold vs Flu:

Is it a cold or the flu? In this talk, Dr. Qingquan Fu explains the difference between the common cold and the flu.



Qingquan Fu, M.D.
Internal Medicine

Note:
Video is in Mandarin



Main Office: 1431 Noriega St.
San Francisco, CA 94122
Tel: (415) 759-3777
Office Hours: (Mon - Fri)
8:30 AM - 5:00 PM

Main Office: 818 Jackson St.,
Ste. 202
San Francisco, CA 94133
Tel: (415) 312-9094
Office Hours: (Mon, Tue, Fri)
10:00 AM - 2:00 PM
(Wed-Thur)
9:00 AM - 12:00 PM



Visit **AAMG Doctors** on YouTube or scan the QR code with your phone camera to watch our videos!

Our doctors continue their mission to support our community through volunteer talks at events! Their time at the recent Art of Healing event was invaluable! Thank you, doctors!



At the wellness outreach event held on October 29, AAMG Health Education helped a malnourished older woman by providing a free BMI test and dietary counseling.



醫生與你話流感

如何預防流感,守護自己及家人的健康

流感會導致肺炎和支氣管炎,加速慢性疾病的惡化。在這段視頻中,郭維達醫生將會為您詳細介紹流感的症狀,可選的治療方法,以及如何預防流感。

注:視頻為廣東話



郭維達醫生
內科、老年醫學科

普通感冒與流感的區別是什麼?

您得的是普通感冒還是流感?在此視頻中,傅清泉醫生將為您解釋普通感冒和流感的區別。

注:視頻為普通話



傅清泉醫生
內科



診所地址:
1431 Noriega St.
San Francisco, CA 94122
電話: (415) 759-3777
時間: (週一至週五) 8 AM - 5 PM

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818 Jackson St., Ste. 202
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電話: (415) 312-9094
時間: (週一、週二、週五) 10AM-2PM
(週三、週四) 9 AM - 12 PM



在YouTube上搜索美亞醫療集團 (AAMG Doctors) 或使用手機攝像頭掃描二維碼觀看我們的視頻!

我們的醫生積極參與志願者活動,在社區開展健康講座,繼續他們的使命,支持我們的社區。他們最近在“治愈的藝術”活動中,為大眾付出了很多寶貴的時間,感謝我們的醫生!



在10月29日的健康外展活動中,美亞醫療集團健康教育部,為一名營養不良的女長者提供免費身體質量指數檢查以及營養飲食建議,幫助她改善健康。





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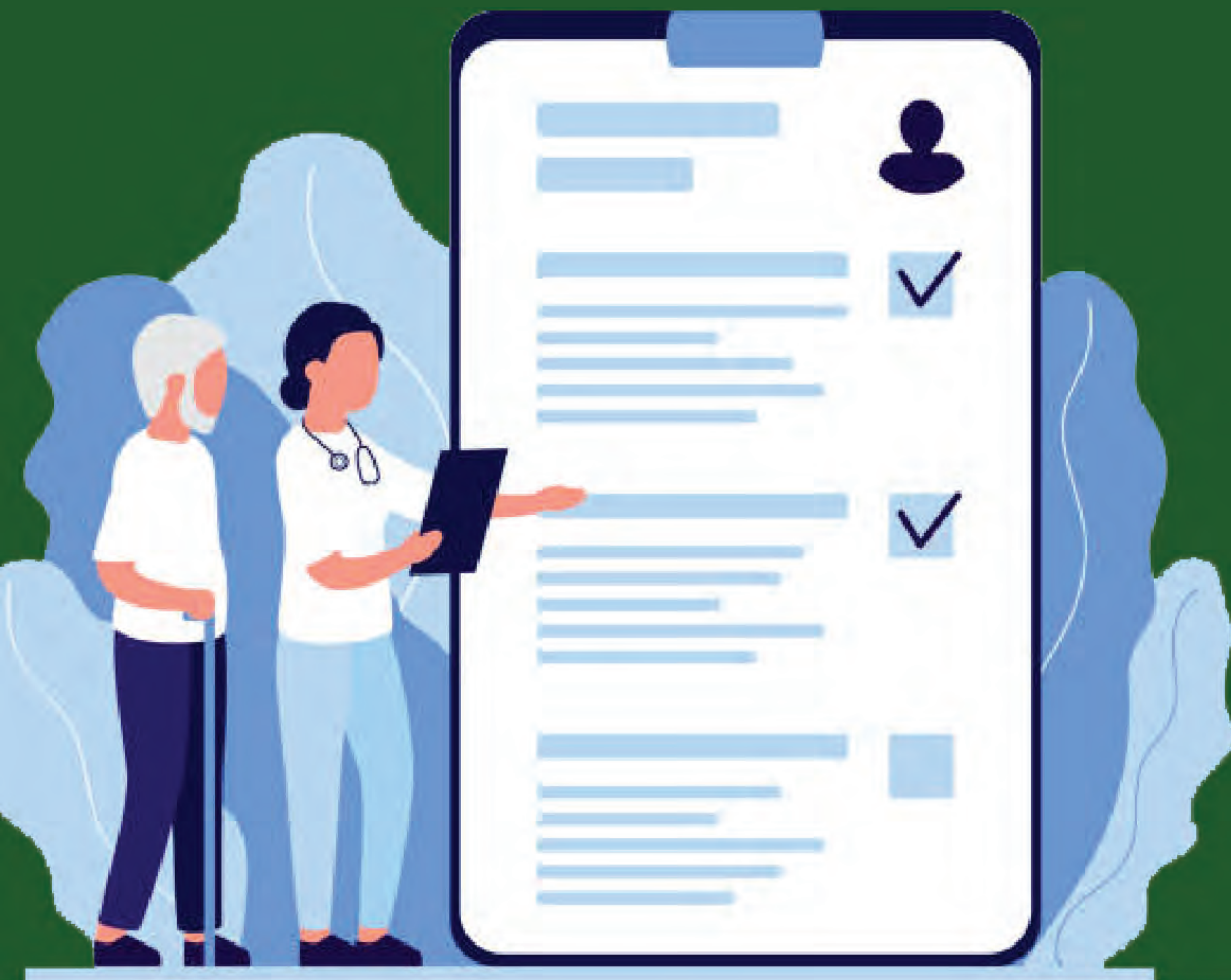
Member Relations Department

Member Relations department is open to assist our members in-person.

Please call (415) 590-7418 during the office hours Monday to Friday 8:30am – 5:00pm to schedule an appointment.

Medicare Advantage Plans Effective in 2023

Medicare Advantage Plans are in effective on January 1, 2023. If you have changed your plan or newly enrolled to a plan, you are expected to receive a new health plan ID card and welcome information. If you have questions about your membership eligibility and want to know how to receive the plan benefits, please contact Member Relations at (415) 590-7418.



Patient Experience Surveys

The annual patient experience survey is in progress. You may receive a survey letter or a phone call. Your feedback is important for us 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.





AAMG

美亞醫療集團

會員關係部

會員關係部提供面對面的會員服務。

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。



2023 年生效的 Medicare Advantage 聯邦醫療優勢計劃

新一年度的Medicare Advantage 聯邦醫療優勢計劃將於 2023 年 1 月 1 日生效。如果您更改了計劃或新加入了計劃，您將收到新的健康計劃會員卡和歡迎信函。如您對您的會員資格有疑問或想知道如何獲得計劃的福利，請致電 (415) 590-7418 聯繫會員關係部。

患者體驗調查

年度患者體驗調查現正進行中。您可能會收到問卷調查信或電話。您的反饋對於我們不斷改進我們的服務和護理質量非常重要。如果您對患者體驗調查問卷有任何疑問，請致電 (415) 590-7418 聯繫會員關係部尋求幫助。



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



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WeChat
微信



During the holiday season at your family's get-together, it's an excellent time to discuss advance care planning with your family. Release your family's burden and enjoy your life. Scan the QR code to learn more!

在闔家歡聚的節日時刻
是時候和家人討論設立預先醫療指示
讓你們都安枕無憂，更好享受人生
掃描二維碼了解詳情！



The Advance Care Directive program was made in partnership with Self-Help for the Elderly. Call today at (415) 533-6440.

預先醫療指示計劃是我們與安老自助處合作的項目。
今天起請致電 (415) 533-6440 了解更多。

Scan the QR code to download our eBook and learn more dietary tips!



掃描二維碼下載我們的電子書，
了解更多營養飲食的小貼士！