

# Health Matters

Member Newsletter

## 健康資訊 - 會員專刊

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Exciting News! Network Medical Management is now Astrana Health.  
Same great care! Same trusted team!  
Look for communications with our new name and logo.

承蒙您的厚愛和支持！Network Medical Management現更名為Astrana Health。  
我們保持著同樣高品質的護理服務！擁有同樣專業認真的醫療團隊！  
期待帶著新的名字和標識，與您繼續攜手同行。

Please click on the provided link to read the latest edition of our Member Newsletter.

請點擊短信中的鏈接閱讀最新一期的會員專刊。

# Health Matters

Member Newsletter

## 健康資訊 - 會員專刊

✦ Astrana Health

### TAKE CHARGE OF YOUR HEALTH

You play an important role in your health journey. Small steps add up to a big change. Enhance your quality of life by taking an active role in your healthcare:

#### Know Your Medications

Understand what you are taking and why. Ask questions to learn more.

- Are there any foods you should avoid?
- If you miss a dose, what should you do?
- What side effects might you experience?

Take your medication as prescribed. Do not stop taking your medicine without talking to your doctor, even if you're feeling better. Ask if any of your medications can be extended to a 100-day supply. It will save you time and money.

### 積極掌控您的健康

在健康旅程上，您發揮著重要的主導作用。每天前進一小步，健康跨越一大步。積極主動的掌控自我健康，提高您的生活品質。

#### 認識您的藥物

清楚瞭解您所使用的藥物及用途。主動提出您的疑問，瞭解更多藥物信息：

- 有哪些食物是需要避免的？
- 如果忘記使用藥物，應該怎樣做？
- 藥物可能會引起哪些副作用？

請遵醫囑使用藥物。即使感覺身體狀況良好，在未諮詢醫生的情況下，請勿自行停藥。詢問醫生您正在服用的處方藥是否可延至100天的藥量，以節省您的時間和費用。

#### Get Timely Lab Tests

Lab tests create a picture of your health. Your doctor will use them to create a care plan. Tell your doctor about new or increasing symptoms. Here are a few more tips:

- Keep a copy of your test results in case you need to show them to a specialist.
- Remind your doctor if you take any medication or have a health condition that may affect your results.

Ask your doctor how you will get the results. If you have questions, you may need to schedule a follow-up appointment. Take steps to work together with your doctor on your health journey!



#### 按時完成檢驗項目

檢驗項目可以構建您的健康藍圖。醫生透過化驗結果來制定您的個人照護計劃。讓醫生及時瞭解到是否有新的或加重的症狀。請參考以下健康技巧：

- 請保留一份化驗結果的副本，以備需要轉診至專科時使用。
- 請主動提醒醫生，如果您所服用的藥物或健康狀況可能會影響到化驗結果。

與您的醫生確認，在完成檢驗項目後如何獲取報告。如果您有任何疑問，可能需要安排後續看診。積極主動的與醫生緊密合作，攜手同行您的健康旅程！

Get free health tips each month! Scan the QR code with your phone camera and sign up today.

每月免費接收重要健康資訊！請使用智能手機掃描二維碼、填寫註冊資訊。



## PLAN AHEAD FOR TIMELY CARE

Taking charge of your health starts with planning ahead. Knowing where to go and what to expect when you need care makes a big difference.

### Schedule Your Routine Appointments Early

Book your next check-up before you leave the doctor's office. They often have a wait time of 1-2 weeks for routine appointments. Planning ahead means you won't miss a visit.

### Be Prepared for Urgent Needs

Illness or health issues often pop up unexpectedly. Being prepared saves time and stress. Here's what to do:

- Keep your doctor's number close and know how they support after-hours care.
- Find urgent care centers in your area and know their hours.
- Explore extra benefits your Health Plan offers, like a hotline for medical advice. It is a quick way to get guidance from professionals.

## TAKE CARE OF YOUR MENTAL HEALTH

Mental health can impact your physical health. As you age, you may experience life changes that affect your mental wellness. Worries about health, living alone, or losing loved ones contribute to depression. Here are some mental health warning signs to watch for:

- Difficulty sleeping.
- Changes in appetite that lead to unwanted weight changes.
- Loss of interest in things that were enjoyable.
- Thoughts of death or self-harm.

If you or someone you love is experiencing sadness or depression, take steps to get help.

### Health Care Provider

- Every year your doctor will perform a mental health screening during the Annual Wellness Visit.
- Talk to your doctor if you experience any warning signs that last longer than two weeks. If needed, they will refer you to a mental health specialist.
- Consider bringing a trusted friend or relative to your appointment. They can help you take notes and remember what you and the doctor discussed.

### Mental Health Resources

- **Dial 2-1-1** if you need help finding long-term mental health resources and exploring treatment options. Support is available in 180 languages.
- National Alliance on Mental Illness (NAMI) provides support for people living with a mental health condition and their family members. Call **800-950-NAMI (6264)** or text **"Helpline"** to **62640**.

Taking care of your mental health is important. Do not hesitate to reach out for help from a professional when you need support.

## Knowledge Hub

### Access Free Transportation

Don't let difficulties in getting to your appointment prevent you from seeing your doctor. Many Health Plans offer transportation benefits.

Arrange a free or low-cost ride for doctor visits. Check with your Health Plan to learn more.



## 及早安排，安心迎變

掌控自我健康始於提前做好準備。即使您現在感覺健康狀況良好，清楚瞭解當您需要獲得醫療護理時，該去哪裏以及會發生什麼情況非常重要。

### 提前預約安排您的例行看診時間

在完成例行看診離開診所前預約下一次看診時間。常規看診服務，通常需要等待1至2週的時間。提前做好預約，避免錯過下次看診。

### 提前為緊急需求做好準備

無法預測的疾病或健康問題會突然出現。為此提前做好準備可以省時和減少不必要的壓力。需要注意以下事項：

- 把醫生聯繫號碼放在身邊，並瞭解診所在非營業時間內獲得醫療護理的流程。
- 查找您所在地區的緊急護理中心的信息及其營業時間。
- 瞭解來自您健保公司提供的額外福利，如醫療諮詢熱線以快速獲得專業人士指導。

## 照護您的心理健康

心理健康直接影響您的身體健康。隨著年齡的增長，經歷生活大小事上的轉變可能會影響您的心理健康。健康疑慮，獨居，或失去親人可能會導致抑鬱。以下為需要注意的心理健康警告信號：

- 睡眠困難
- 飲食的改變
- 對曾經喜歡的事情失去興趣
- 死亡或自殘的想法

如果您或您所愛的人正在經歷悲傷或抑鬱，請採取措施來尋求幫助。

### 醫護團隊為您提供支援

- 每年與您的醫生進行年度健康評估，來進行心理健康篩查。
- 如果出現任何持續超過兩週以上的警告信號，請諮詢您的醫生。如需要會轉診至心理健康專家。
- 您可以邀請值得信賴的朋友或親人一同前往看診。他們可以幫助記錄並提醒您與醫生討論的內容。

### 更多心理健康資源

- 如果您需要幫助尋找長期心理健康資源和治療方案，請撥打**2-1-1**。他們提供180種語言的服務。
- 全國精神健康聯盟(NAMI)為患有心理健康問題的人及其家人提供支援。請致電**800-950-NAMI(6264)**，或發送短信“**helpline**”至**62640**。

照顧好您的心理健康很重要。如果您需要支援，請隨時向相關專業人士尋求幫助。

## 醫療知識補充站

### 免費醫療接送服務

請不要因交通問題影響到您看醫生。  
許多健保公司有提供醫療交通接送服務。  
安排免費或低價乘車至醫生診所。  
請與您的健保公司聯繫以瞭解  
更多相關信息。

