

Health Matters

Member Newsletter

健康資訊 - 會員專刊

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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。

For more information, please visit our website:

<https://alliedipa.com/care>

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BUILD A HEALTHY NEW YEAR'S RESOLUTION

Happy 2024! The start of a new year often inspires resolutions to choose a healthy lifestyle. As you resolve to eat right and exercise more, include regular visits with your doctor as part of your regimen. All of these habits can lead to a better quality of life. Our 2024 resolution is to support you on your healthcare journey with improved access to care. This year we've made it easier than ever for you to get the care you need, when you need it. You have more options for treatment either in person or virtually. We aim to provide the BEST healthcare services to ALL our members. Your health matters to us, and so does your satisfaction.

May your 2024 be filled with peace and prosperity. Read on to find practical tips to **Build a Healthy New Year!**

We Care About What You Think! 我們重視您的感受！

Your opinion is important to us. It helps us enhance your care and service. If you receive the Patient Satisfaction Survey, please complete it.

We strive to earn a perfect 10 with every visit.

您的意見對我們很重要。有助於我們為您更好的提供醫療照護。如果您有收到患者滿意度調查問卷，請您花一點時間來完成。我們致力於為您的每一次看診提供高品質滿分服務。

建立新年健康願景

2024新年快樂！ 新年初始會激勵我們選擇健康的生活方式。透過健康飲食和增加鍛煉，並把定期拜訪醫生作為您健康人生的一部分。這些健康習慣都可以幫助提高您的生活品質。我們2024年的願景是在您的健康旅程上提供便捷的醫療服務。在這一年我們將會在您需要醫療照護時，讓您更容易獲得所需的治療。為您提供更多的治療選擇，無論是面診或是遠程看診。我們致力為所有會員提供最優質的服務。您的健康對我們很重要，我們同樣的重視您對我們醫療服務的滿意度。

新的一年，祝願您福壽康健。請參閱本期內容，找到更多**建立新年健康目標**的實用技巧。



Get important health information every month! Sign up to receive this exclusive benefit today. Use your phone camera to scan the QR code.

每月免費接收重要健康資訊！立即註冊即可獲得獨家福利。
請使用智能手機掃描二維碼、填寫註冊資訊



BUILD A STRONG CONNECTION WITH YOUR HEALTHCARE TEAM

A good relationship with your care team will help you stay healthy. Follow these tips to be more connected with your doctors:

Stay Engaged:

- Schedule routine visits early.
- Keep a health journal to note your daily vital readings and to track your symptoms and treatments.
- Prepare a list of questions to discuss during visits.
- Make a list of healthcare phone numbers, including your doctor's office, specialists, and emergency contacts. Share it with a family member or friend.

Stay Up to Date:

- Get to know the care options in your area, including nearest urgent care centers and their operating hours.
- Look into telehealth options offered by your doctor or Health Plan for options outside of regular office hours.
- Keep an updated list of your medications, allergies, and important health information for easy access during emergencies.

Being prepared makes accessing care easier when you need it most. Take charge of your health for a smoother healthcare journey.

Knowledge Hub

Health Plan vs. Medical Group

A Health Plan sets the benefits and cost of medical care. Similar to a cell phone, each health plan has different features and coverage.

A Medical Group is a network of doctors, specialists, and providers, who work together to take care of your health.

Health Plans contract with Medical Groups to work together to deliver healthcare services.



BUILD A HEALTHY LIFESTYLE

Make your health a priority by setting goals and choosing habits that are good for your overall well-being. Here are some tips to help you stay on the right track with your health.



Medications

Take your medications as directed. Organize them to make it easy to remember. During your Medication Review, talk to your doctor about what you are taking. Ask if you are eligible for 100-day refills, it may save you time and money.



Stay Active

Doing things you enjoy makes it easy to turn them into a habit. Choose exercises that you like and feel comfortable doing. Try to include activities you already do every day. Begin with easy exercises for at least 20 minutes each day. Talk to your doctor before you start a new workout routine.



Eat Well

Eat a rainbow! Choose a variety of colorful fruits and vegetables. Include whole grains, lean protein, and low-fat dairy in your diet. This not only gives you essential nutrients but also makes your meals more enjoyable. Make smart choices by picking foods high in fiber and vitamin D, and low in salt and sugar. Remember to drink plenty of water.



Sleep Well

Follow a regular sleep schedule and develop a bedtime routine. Avoid caffeine or eating large meals close to bedtime. Limit watching TV and using your cell phone in the bedroom.



Stay Connected

Get together with friends, family, or neighbors. Join a community center or volunteer organization. Take up an instrument, learn a new language, or start a hobby.

建立與醫療團隊間的聯繫

與您的醫療照護團隊保持良好關係有助於您更好的保持健康。請按照以下實用技巧與醫生保持聯繫：

積極參與:

- 儘早預約安排常規健檢。
- 培養填寫健康日記的習慣，每天記錄各項健康指數、追蹤您的症狀和治療。
- 列出所有健康疑慮，方便您在與醫生看診時討論。
- 列出一份醫療聯繫名單，並與家人或朋友分享；內容包括您的家庭醫生，專科醫生和緊急聯繫人的聯絡方式。

資訊更新:

- 瞭解您所在區域的醫療照護選擇，包括距離您最近的緊急護理中心以及其營業時間。
- 與您的醫生或健保計劃瞭解在正常營業時間之外是否有提供遠程電話視頻看診服務。
- 即時更新您的藥品清單，過敏以及重要健康信息，以便在緊急情況下獲取這些記錄。

為自己的健康提前做好準備，可以方便您在最需要的時候更容易獲得醫療照護。在健康之路上，讓您更好的掌握您的健康。

知識加油站

健保計劃與醫療網大不同

健保計劃制定您健康保險承保的福利內容和醫療費用。與手機計劃類似，不同健保計劃涵蓋不同的護理類型和費用。

醫療網是由多位家庭醫生、專科醫生以及其他醫護人員組成的豐富醫療資源，彼此共同合作照顧好您的健康。

健保公司與醫療網簽約合作，共同為您提供您所需的健康照護。



建立健康豐富的樂活人生

照顧並掌握好您自己的健康是至關重要的。以下實用技巧協助您更好的保持，或達到您的健康目標。



樂活用藥

遵醫囑使用藥物。將藥物存放在容易記住的位置。您與醫生進行藥物審查時，主動告知所有目前正在使用的藥物。詢問醫生是否符合資格延長您的處方藥物補充至100天，讓您省時間、甚至節省費用。



樂活運動

嘗試將您喜歡並且感覺舒適的運動變成一種生活習慣，讓它更容易融入到您每一天的日常活動。從簡單的運動開始，每天堅持至少20分鐘。在開始一項新運動前，請與您的醫生討論。



樂活飲食

每餐飲食中加入全穀類，低脂肪蛋白和低脂肪乳製品。這不僅會為您提供必須的營養，還讓您的用餐更加的愉悅，吃出您的質感生活。選擇富含高纖維和維他命D、低鹽低糖含量的食物。請記得多喝水。



樂活好眠

遵循規律的睡眠時間表，以及制定規律的睡前作息。避免在睡前飽食、或攝取咖啡因。盡量不要在臥室看電視和手機。



樂活社交

與您的朋友、家人或鄰居一起聚會。參與您的社區活動中心或義工團體。尋找並投入到新的興趣愛好。