



Have a Happy and Healthy New Year!

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Website
www.cbwchc.org

268 Canal Street
New York, NY 10013
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125 Walker Street, 2/F
New York, NY 10013
Pediatrics & Adolescent Health (212) 226-3888
Teen Resource Center (TRC) (212) 226-2044
Dental (212) 226-9339

136-26 37th Avenue
Flushing, NY 11354
Internal Medicine (718) 886-1200
OB/GYN (718) 886-1287
Pediatrics (718) 886-1222

Health Education Department
(212) 966-0461

Social Work Department
Chinatown (212) 226-1661
Flushing (718) 886-1212

Changes to Your Medicaid Benefits

Medicaid is a health insurance program for New York State residents who meet the eligibility guidelines. In 2011, New York State made changes to the Medicaid program to reduce costs and improve quality of care. If you are currently enrolled in Medicaid, please be aware of these changes.

Medicaid Managed Care Plans

Now, most people with Medicaid must join a managed care plan. Managed care plans are health insurance plans that have a network of doctors, hospitals, health centers, and pharmacies. You must choose a doctor from their network as your primary care physician. There are also specific rules for referrals to specialists and where you can receive health care.

- If you have Medicaid and are required to join a managed care plan, the New York Medicaid Choice will send you an enrollment package.
- The package will have a letter that explains the managed care plan program, forms, and a list of health plans to choose from.
- You will have 30 days to choose a health plan. If you do not choose a plan, New York State will choose one for you. If your doctor does not accept the chosen plan, you will have to change plans to keep your doctor.
- After you choose a plan or you are assigned a plan, you will receive a confirmation letter.
- Once you join a plan, you have 90 days to decide whether you want to keep the plan or change plans by calling Medicaid Choice at 1-800-505-5678.
- After the 90-day period, you must keep the same plan for at least 9 months.

Changes for Prescription Medicine

Most people with Medicaid will now receive prescription medicine and medical supplies through their health plans.

- Make sure your pharmacy takes your health plan, and use your health plan card instead of your Medicaid card to fill your prescriptions.
- Your co-pay will not change.
- Use medicines that are on your health plan. Each plan has a list of medicines that it will cover. If you have questions about which medicines are on your health plan's list, call your health plan.

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Changes to Your Medicaid Benefits

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Changes for Prescription Medicine

- If your medicine is not covered by your health plan, talk to your doctor about changing the prescription, or your doctor can request approval from the plan to allow you to take the same medicine.

Changes to Benefits

Some Medicaid benefits are now limited or provided by your health plan.

- Physical, occupational, and speech therapy are limited to 20 visits a year, except for children under 21 and people with developmental disabilities.
- Counseling for quitting smoking is limited to 6 sessions in 12 months. Medicine for quitting smoking is limited to 6 months of medicine per year.
- Your health plan now provides home care, such as visiting nurses or attendants, and has its own rules and applications.

If you have questions about Medicaid, talk to your social worker or call New York Medicaid Choice at 1-800-505-5678.

Learn to Treat Your Eczema

If your skin is red, inflamed, dry, and itchy, you may have eczema. Eczema is a skin condition that affects both adults and children. It is often caused by irritating substances, like wool or chemicals in cleaning liquids or soaps, or allergies. It is often worsened by overly dry skin or skin exposed to chronic water, like washing clothes or dishes without gloves. It is not contagious. Eczema can last for years, but you can manage the symptoms:

- Keep skin moist with non-fragrant lotion or oil-based creams, such as petroleum jelly, 3 to 4 times a day.
- Use hydrocortisone creams or over-the-counter ointments if itchy.
- Take oral antihistamines to help relieve eczema symptoms.
- Bathe regularly with mild or hypoallergenic soaps to help control symptoms.
- Use fragrance-free detergent to wash clothes to prevent skin irritation.
- Avoid foods that can trigger allergies or skin irritation.
- Clean your house often to remove dust, pollen, mold, and other allergens.

If your symptoms get worse or you see signs of a skin infection, see your doctor for treatment.

Health Center Promotes Awareness of Hepatitis B at the White House

Dr. Su Wang, assistant director of medical affairs, represented the health center at the White House World Hepatitis Day briefing to discuss hepatitis and the importance of prevention and care for the disease. The White House briefing was attended by national leaders including Assistant Secretary for Health Dr. Howard K. Koh and Congress members Bill Cassidy, Judy Chu, Michael Honda, Hank Johnson, and Barbara Lee.

During the event, Dr. Wang participated in a panel discussion and shared her experiences of treating Asian American patients with hepatitis B at the health center. About 75% of people with chronic (long-term) hepatitis B in the world are Asian, and about one in eight health center patients has hepatitis B. By raising awareness of hepatitis B to everyone, the health center helps gain the support of national officials in fighting against hepatitis B.



From left to right: Dr. Sanjeev Arora (University of New Mexico), Dr. Su Wang (Charles B. Wang Community Health Center), Michael Minburg (Hepatitis Education Project), Gloria Searson (Coalition on Positive Health Empowerment), John Moon (Hepatitis B Patient and Advocate), Dan Church (Massachusetts Department of Public Health)

Stop Domestic Violence

Domestic violence is a pattern of abuse between family members, husbands and wives, or intimate partners. It can include physical abuse or emotional abuse, such as controlling, threatening, isolating, or putting down the victim. Domestic violence can also include denying the victim money to keep him or her under the abuser's control. Anyone can be a victim of domestic violence.

If You Are A Victim, Seek Help

Domestic violence is a crime, and it can even be deadly. Get help from your health care providers, the health center's Social Work Department (212-941-2188), or the New York Asian Women's Center (1-888-888-7702).

If you are in immediate danger, call 911 for help. The police never ask about your immigration status when you report a domestic violence case.

Keep Camphor Away from Children

Camphor is an ingredient in some products for pain, cough, or skin irritation like Vicks Vaporub or BenGay. It can also be sold as small white cubes, tablets, ointments, or liquid medicine that can be added to humidifiers. However, it can poison children if they swallow or absorb large amounts of camphor. To keep your children safe:

- Keep camphor away from children.
- Never hang camphor near a child's bed.
- Never leave camphor on the floor where a child can touch it.
- Do not put camphor blocks in a humidifier or an open bowl of water.
- Do not apply large amounts of camphor to your child's skin.



Examples of camphor

Congratulations to Dr. Mouchuan Teddy Chen and Dr. Hong Liu

Mouchuan Teddy Chen, LCSW, PhD of the Mental Health Department received the first annual Mid-Career Exemplary Social Work Leader Award of the National Association of Social Workers – New York City Chapter. The award recognizes Dr. Chen's leadership as director of the health center's mental health Bridge Program. The program has become a model of providing an easy access to mental health care for the Asian American community by bringing together bilingual mental health services and primary health care.

Hong Liu, MD, health education consultant in the Health Education Department, received the Community Physician Service Award from the Chinese American Medical Society and Chinese American Independent Practice Association for serving the Chinese community for over 30 years. Throughout his career, Dr. Liu practiced internal medicine at New York Downtown Hospital, his own private office, and the health center. After his retirement, he rejoined the health center to teach patients and the community how to stay healthy or control their illnesses.

Read the Health Center's Book *From Street Fair to Medical Home*

To commemorate its fortieth anniversary, the health center published *From Street Fair to Medical Home*. The 307-page English-language hardcover book tells the health center's history from its beginning as a volunteer-run street fair to a health center that now serves nearly 40,000 patients in the New York area. The book includes interviews with founders, board members, and staff as well as dozens of photos from the 1970s to the present.

Make a donation to the health center today and receive a copy of the book as a gift. Mail the form below with your check to: Charles B. Wang Community Health Center, 268 Canal Street, New York, NY 10013.

Mr. Mrs. Ms. Dr.

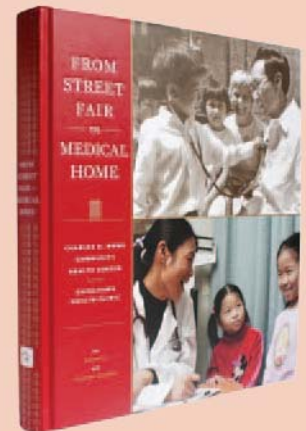
Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Amount donated: \$ _____





CHARLES B. WANG
COMMUNITY HEALTH CENTER
王嘉廉社區醫療中心

王嘉廉社區醫療中心成立於1971年，是一所非牟利的健康醫療機構，致力於為紐約的美國亞裔提供優質的醫療保健服務。

醫療補助計劃福利的改變

醫療補助計劃 (Medicaid, 俗稱白卡) 是一種為符合資格的紐約州居民而設的健康保險計劃。在2011年紐約州將對醫療補助計劃作出了一些改變，以減低成本及提高醫療服務的素質。如果你目前已加入了醫療補助計劃，請注意這些改變可能會影響你的福利。

醫療補助管理式健保計劃

目前，大多數參加入了醫療補助的民眾都必須加入一個醫療補助管理式健保計劃。管理式健保計劃是一種醫療網絡健康保險計劃，這個醫療網絡包括醫生、醫院、醫療中心和藥房等。這些計劃需要你從網絡中選取一位醫生作為你的家庭醫生。這些計劃對於轉介專科醫生及你可從何處獲得醫療服務也有一些特定規則。

- 如果你有醫療補助計劃，並需要加入一個管理式健保計劃，「紐約州醫療補助選擇」(New York Medicaid Choice) 會寄給你一份登記郵件。
- 郵件中包含一封解釋管理式健保計劃詳情的信函、表格及一份列出健保計劃公司的名單供你選擇。
- 你有30天期限來選擇一間健保計劃公司。如果你沒有選擇任何一間健保計劃公司，紐約州將會替你指派一間健保計劃公司。如果你的醫生不接受被指派的健保計劃公司，你可以換另一間健康計劃公司，以便你能繼續看同一個醫生。
- 在你選擇了或被指派到健保計劃公司後，你將會收到一份確認信。
- 一旦你加入了健保計劃公司，你將有90天期限決定你是否想要繼續留在此健保計劃公司內或致電「紐約州醫療補助選擇」(New York Medicaid Choice) 熱線1-800-505-5678 要求轉換健康計劃公司。
- 在90天之後，你必須維持同一間健康計劃公司至少9個月。

處方藥物的改變

大多數加入了醫療補助計劃的民眾現將通過他們的健保計劃公司取得處方藥及醫療用品。

- 確保你的藥房接受你的健保計劃公司，你應使用你的健保計劃卡來配處方藥，而不再是用醫療補助計劃卡。
- 你的共付費不會改變。
- 使用健保計劃公司提供的藥物。每個健康計劃公司都有一份計劃內可支付的藥物列表。如果你對該公司列表上的藥物有任何疑問，請致電你的健保計劃公司查詢。

(請轉下頁...)

新年健康快樂!

定期體檢身體好，預約做身體檢查!

諮詢熱線
(212) 226-8339

網址
www.cbwchc.org

268 Canal Street
New York, NY 10013
內科部 (212) 379-6998
婦女健康部 (212) 966-0228

125 Walker Street, 2/F
New York, NY 10013
兒科及青少年部 (212) 226-3888
青少年資源中心 (212) 226-2044
牙科部 (212) 226-9339

136-26 37th Avenue
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健康教育部
(212) 966-0461

社工部
華埠 (212) 226-1661
法拉盛 (718) 886-1212

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醫療補助計劃福利的改變

(續前頁...)

處方藥物的改變

• 如果你的藥物不包括在你的健保計劃公司覆蓋範圍內，你可與醫生商討更換處方，或者你的醫生可以向健保計劃公司申請批准，允許你繼續使用相同的藥物。

福利的改變

有一些醫療補助計劃的提供福利現會受到健保計劃公司的限制。

- 物理治療、職業治療及語言治療被限制為一年20次，21歲以下兒童及有發展障礙的患者除外。
- 戒煙輔導被限制為一年6次。戒煙藥物被限制為每年6個月劑量。
- 現在你的健保計劃公司會為你提供家務護理服務，例如：探訪護士或家庭護理員，但需要跟隨你的健保計劃公司的規條及申請程序。

如果你對於醫療補助計劃有任何疑問，請向社工查詢或致電「紐約州醫療補助計劃選擇」熱線：1-800-505-5678。

學習如何處理濕疹

如果你的皮膚發紅、發炎、乾燥及發癢，你可能患有濕疹。濕疹是一種皮膚疾病，成人和兒童都會受影響。它往往是由刺激性的物質引起，例如羊毛或清潔劑，肥皂中的化學成分或其他過敏原。皮膚過度乾燥或長期接觸水，例如：洗衣或洗盤時沒有戴手套，這些狀況常常會令濕疹症狀加重。濕疹是不會傳染的。它可持續數年，但是你能控制其症狀：

- 每天塗抹不含香料的乳液或油劑乳霜三至四次，例如凡士林，以保持皮膚滋潤。
- 如果感到皮膚發癢，可使用氫化可的松藥膏或其他非處方藥膏。
- 服用口服抗組織胺劑，幫助緩解濕疹症狀。
- 定期以中性或低敏感性的肥皂洗澡，幫助控制症狀。
- 使用無香料的洗滌劑清洗衣服，以防止引起皮膚敏感。
- 避免進食會導致過敏或刺激皮膚的食物
- 經常清潔你的家居，去除灰塵、花粉、霉菌及其它過敏物。

如果你的皮膚感染癢狀變壞或者看到皮膚感染跡象，請到醫生處接受治療。

本醫療中心出席白宮會議 提高對乙型肝炎關注

王嘉廉社區醫療中心的醫療事務部副主任汪思涵醫生代表本醫療中心，前往白宮參加世界乙型肝炎日簡報會，並討論預防與治療乙型肝炎的重要性。出席白宮簡報會的有來自全國不同機構的領導包括衛生部助理秘書長高京柱博士 (Dr. Howard K. Koh)、國會議員Bill Cassidy、趙美心 (Judy Chu)、Michael Honda、Hank Johnson及Barbara Lee。

在活動期間，汪思涵醫生參加了研討會並分享她在醫療中心治療亞裔乙肝病人的經驗。目前全球大約75%的慢性（長期）乙型肝炎帶菌者都是亞裔，而且在本中心就診的病人當中大約每八人就有一位患有乙型肝炎。在提高各人對乙型肝炎警覺的同時，本中心更獲得國家政府官員的支持以開展對抵抗乙型肝炎的計劃。



從左至右:Sanjeev Arora 醫生(新墨西哥大學), 汪思涵醫生(王嘉廉社區醫療中心), Michael Minburg (肝炎教育項目), Gloria Searson (Coalition on Positive Health Empowerment), John Moon (乙肝患者和倡導者) Dan Church (馬薩諸塞州公共衛生部)

停止家庭暴力

家庭暴力是指家庭成員、丈夫和妻子或親密伴侶之間的一種虐待模式。它可以包括身體虐待或精神虐待，例如控制、恐嚇、隔離、或侮辱受害者。家庭暴力還可以包括拒絕給受害人金錢，使他們持續受到施暴者的控制。任何人都可以成為家庭暴力的受害者。

如果你是家庭暴力的受害者，應立即求助
家庭暴力是犯罪，甚至會威脅生命。你可從醫生、本中心社工部 (212-941-2188) 或紐約亞裔婦女中心 (1-888-888-7702) 獲得幫助。

如果你所遭遇的危險非常緊急，請致電911求助。當你報告家庭暴力案件時，警方不會詢問你的移民身份。

讓兒童遠離樟腦

樟腦是一些用於緩解疼痛、減輕咳嗽或皮膚上的產品內所含有的成分，例如維克斯傷風膏(Vicks Vaporub)或奔肌止痛膏(BenGay)。樟腦會以白色的小方塊、藥片、軟膏或液態藥物等形式出售，只有液態藥物是可加進加濕器內。但是，如果兒童吞下或吸收大量樟腦便可導致中毒。為了確保你的孩子安全：

- 讓兒童遠離樟腦。
- 切勿把樟腦掛在孩子的床邊。
- 切勿把樟腦放在孩子可能接觸到的地板上。
- 不要在加濕器內放樟腦塊。
- 不要在孩子的皮膚上塗抹大量樟腦。



樟腦樣品

恭賀陳茂全博士及 廖康醫生獲獎

心理健康部的陳茂全博士榮獲全國社工協會紐約分會頒發第一屆中層管理模範社工領袖獎，以表彰陳博士在擔任本醫療中心心理健康橋樑計劃主任期間的卓越領導。該計劃將雙語心理健康服務和基本醫療服務結合一起，為亞裔社區人士提供方便獲得心理健康服務的典範。

健康教育部的顧問廖康醫生榮獲美洲中華醫學會(CAMS)、中美醫師協會(CAIPA)頒發社區醫生服務獎，以表彰他服務華埠社區超過30年的貢獻。在廖醫生的行醫生涯中，他先後在紐約下城醫院、他的私人診所及本醫療中心內科部任職。退休之後，廖醫生再加入本醫療中心教導病人及社區人士怎樣保持身體健康及管治疾病。

本醫療中心的新書—《從健康日到醫療之家》

為了慶祝王嘉廉社區醫療中心成立40週年，本中心特別編製《從健康日到醫療之家》(From Street Fair to Medical Home)一書。此英語版精裝書合共307頁，詳述本中心從一個由義工組織開始的街道健康日活動，發展成為今天在紐約地區服務近40,000病人的醫療中心的歷史。《從健康日到醫療之家》書中除了採訪創辦人、董事會成員和多位工作人員，並附有數十張1970年代至今的珍貴圖片。

捐款給本醫療中心你可獲贈此書作為禮物。請填寫以下表格連同支票郵寄至：Charles B. Wang Community Health Center, 268 Canal Street, New York, NY 10013。

[] 先生 [] 夫人 [] 女士 [] 博士

姓名：_____

地址：_____

城市／州／郵編：_____

電話：_____

捐贈金額：\$ _____

