



**ASIAN HEALTH SERVICES**  
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**ASIAN HEALTH SERVICES**  
HEALTH CARE FOR ALL. ADVOCACY FOR THE UNDERSERVED.

\*Please scan QR  
code to watch the  
video presentation  
of this newsletter



**NEWSLETTER**  
SUMMER 2023

## UPDATES FROM CEO & PRESIDENT



Julia Liou,  
CEO



Thu Quach,  
President

On behalf of Asian Health Services (AHS), we thank you for being part of our AHS patient community. After nearly 50 years, we are proud to continue our high-quality care, while affirming your cultural/ language needs and preferences. This has been a busy year for AHS, as we continue to remain safe from COVID while cautiously starting to gather together. We thank you for your cooperation in maintaining the safety of both our patients and staff.

May marks the celebration of both Asian American, Native Hawaiian, and Pacific Islander Heritage and Mental Health Awareness Month. In honor of this month, we celebrate all of you and wish you great health and wellness. We are grateful to be your healthcare provider of choice.

## RENEW YOUR MEDI-CAL! WE CAN HELP!

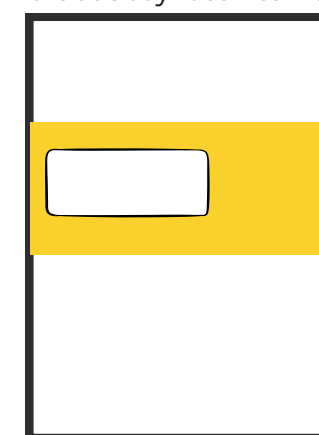
**Public Health Emergency (PHE) is ending. The last day of Medi-Cal coverage protections ends on March 31, 2023. Here are the answers to the questions you may have.**

### What does this mean?

If you are on Medi-Cal, you have to renew your Medi-Cal before your renewal month.

### How do I renew?

- You will most likely receive your Medi-Cal redetermination packet 60 days in advance from the due day. It comes in a yellow envelope like this.
- If you receive this envelope from the state, don't throw it away!
- Open them right away and bring them to us if you need help.
- Please remember: renewing your Medi-Cal is free! Don't fall for a scam and pay for your Medi-Cal renewal.



### What if I didn't get the yellow envelope?

- Did you move in the last 12 months? We can help you update your address with Alameda County Social Services.
- You might have been auto-renewed, please contact AHS to find out if you have been auto-renewed.

### What if my income is too high?

Even if you think your income is over the limit, you still need to complete and return the received redetermination packet.

The county worker will process your Medi-Cal case and automatically enroll you into Covered CA's lowest-cost Silver Plan if they found you are no longer eligible for Medi-Cal.

### Do I need to do anything after automatically enrolling into Covered CA health plans?

YES – Action is required within 60 days

Opting into coverage	Opting out of coverage	Change the selected plan
Pay monthly net premium or	Actively cancel selected plan or	You can pick a lower or higher metal tier plan based on own preference
Plan without the net premium	Doing nothing	

If you have questions and/or need assistance, please contact our Member Services Department: Call us at **510-986-6880**  
Walk-in: 818 Webster St, Oakland CA 94607  
Monday – Friday: 9 am – 5 pm  
(closed for lunch from 12 pm-1 pm)

**BAY AREA RESIDENTS! SAVE \$30 TOWARD YOUR NEW OR EXISTING INTERNET BILL EVERY MONTH!**

Households can qualify based on ANY of the following:



Sign up for the Affordable Connectivity Program (ACP) and save on plans from every major Bay Area internet company



Get started at [acpbenefit.org](https://acpbenefit.org)

NEED HELP OR HAVE QUESTIONS?

**CALL: 877-384-2575**  
Monday – Friday, 6:00am – 6:00pm



## MANAGING STRESS AND ANXIETY

### What is Stress?

According to the National Institute of Mental Health (NIMH), stress is the physical or mental response to an external cause, such as having a lot of work to complete or having an illness. A stressor may be a one-time or short-term issue, or it can happen repeatedly over a long period of time.

### What is Anxiety?

Anxiety is your body's reaction to stress and can occur even if there is no active threat. Anxiety can be persistent and interfere with your daily functioning. It could also affect your health. Anxiety-related issues can impact your sleep, immune, digestive, cardiovascular, and reproductive systems. It can also affect your emotional well-being and lead to mental health conditions.

### Coping Skills

Understanding the cause of stress and anxiety and developing healthy coping skills can help you to manage a healthy life. Here are some healthy activities:

- Keep a journal.
- Download an app that provides relaxation exercises.
- Exercise, and eat healthy meals.
- Maintain a healthy sleep routine.
- Avoid drinking excess caffeine.
- Identify and challenge your negative and unhelpful thoughts.
- Reach out to your friends or family members who help you cope in a positive way.



### Support

If you are struggling to manage your stress or anxiety, it may be time to talk to a professional. You can reach out to your primary care doctor for support.

\*If you are in immediate distress or in a mental health crisis, call or text the **988 Suicide & Crisis Lifeline** at: **988** or chat online at [988lifeline.org](https://988lifeline.org).

## Remote Dental Preventive Program

**Prevention is the core principle in health care. With this in mind, the dental program at Asian Health Services began a pilot remote prevention program for children, ages ranging from 0-6 in March 2023.**

This program is designed for current patients -0-6 years who are identified as

- having a moderate or high risk for cavities,
- do not live in Oakland and Alameda, and
- whose parents are reliable and capable of receiving video telehealth are enrolled in the program.

Patients who meet the above criteria will receive a fluoride varnish and toothbrush kit in the mail. The staff sets up a video conference with the parents. At this videoconference, our dental provider reviews the treatment plan, and dental education on tooth brushing and flossing, explains the procedure and obtains consent again, and coaches parents on how to apply fluoride varnish on the child's teeth as the provider watches. Post-operative instruction is given after parents are done with the application.

We are doing this to also help parents not to have to drive to the clinic since the program is open only to those who live outside of Oakland. The clinic wait time is now at 6 months, this program helps open up more in-clinic appointment slots for other patients who need to come in. Additionally, we believe by having parents apply varnish on their own children, the parents are empowered to take ownership of their children's oral health.

\*If you are interested in being part of this program, please call **510-250-8300**.



## What's New with COVID Testing?

We are still here to provide COVID-19 testing services to you if you don't have insurance, your insurance won't cover testing or you are having difficulty getting tests or getting tested. What's available:

Communities Served	Screening	Distribution	COVID Testing	Treatment Referrals	Healthcare Options
Services offered specifically for uninsured/underinsured individuals, and those facing health care barriers.	Screening for risk factors will be provided along with appropriate referrals and guidance.	Increased access to selftest kits, kit demonstrations, educational materials & the latest COVID-19 guidance's.	PCR and Rapid Antigen testing available onsite if needed.	Proper and timely linkages to treatment.	Assistance with health care enrollment and Medi-Cal redetermination.

### Hours:

<b>Monday</b>	9:15AM-12:00PM, 1:30-4:00PM <small>**On the 1st Monday of each month, we will offer our COVID and Mpox services at <a href="#">Clinton Park</a> (655 International Blvd, Oakland)</small>
<b>Tuesday</b>	9:15AM-12:00PM, 1:30-4:00PM
<b>Wednesday</b>	1:30-4:00PM
<b>Thursday</b>	9:15AM-12:00PM, 1:30-4:00PM <small>**COVID <a href="#">Testing only</a> on Thursdays</small>
<b>Friday</b>	9:15AM-12:00PM, 1:30-4:00PM

**AHS Community Hub**  
**416 8th St, Oakland, CA 94607**  
**(510)735-3222**

### Services we provide:

- COVID-19 PCR and Antigen Testing
- COVID-19 Vaccines for all eligible individuals
- Mpox Vaccines for all eligible individuals

COVID-19 Testing is limited to individuals who are underinsured or do not have health insurance. Everyone can order 8 free test kits per month from your health insurance or you can order 4 free test kits from [COVIDtests.gov](https://www.covidtests.gov). Test kits are also available online or at your local pharmacy without a prescription. Before discarding an expired test kit, check if the manufacturer has extended the expiration date. For more information, you can check the Expiration Date column of the List of Authorized At-Home OTC COVID-19 Diagnostic Tests on the FDA website.

### New CDC vaccine guidelines:

- all monovalent vaccines are now deauthorized
- all unvaccinated individuals age 6 and older will need only one bivalent vaccine to be up to date
- In addition, the following are eligible for an additional bivalent booster:
  - People age 65 and older may receive a second bivalent booster 4 months after the first bivalent dose
  - Immunocompromised individuals may receive their second bivalent booster 2 months after the first bivalent dose

For specific questions regarding the Asian Health Services COVID-19 clinic, please contact our COVID-19 Helpline at **(510)735-3222** or visit our website: <https://asianhealthservices.org/covid19vaccine/>

