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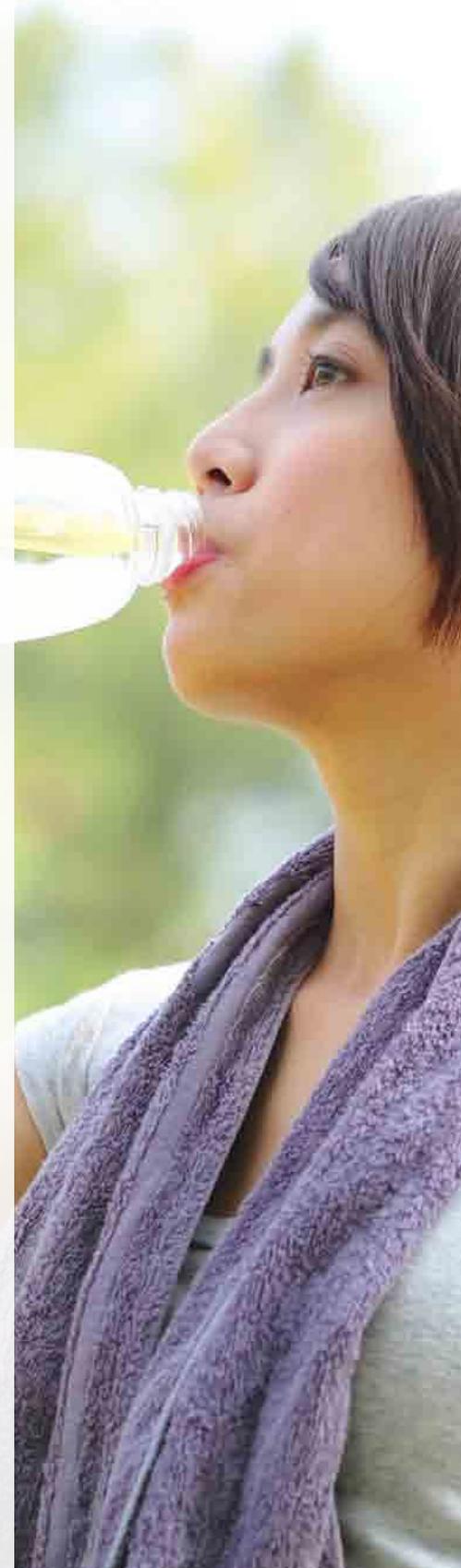
**STAY
HEALTHY.
GET A
CHECK UP.
MAKE AN
APPOINTMENT!**

Beat the Heat with Healthy Summer Drinks

Sweet drinks can be an enjoyable way to cool down in the summer—but as always, drink in moderation! Many bottled and store-bought drinks are made with lots of sugar. It is hard to cut out sweet drinks completely, and you don't always have to. Here are some ways to cut down on your sugar intake while still staying hydrated in the heat.

- Ask for less or no sugar in your order.
- Buy a smaller-sized drink.
- Don't finish the entire drink all at once. Save some for later or the next day.
- Limit the number of sweet drinks you buy each week.
- Make your own drinks. You can control how much sugar to put in—the less, the better.
- Use water or seltzer water to dilute sugary drinks.
- **Learn to read food labels so you can control the amount of sugar in your diet. (See page 2)**
- Remember that **water** is the best option: it has 0 calories and 0 sugars!

Everyone needs to drink about 8-9 cups of fluids every day to stay healthy. The best way to make sure that you are drinking enough fluids is to carry a water bottle around with you. You can refill it with cold water whenever you want. Remember to drink liquids all the time, not just when you feel thirsty! Choosing unsweetened or low sugar drinks will keep you cool and healthy during the summer.



Nutrition Facts

Serving Size 1 cup (255g)
Servings Per Container About 2

	Per Serving		Per Container	
Calories	220		440	
	% Daily Value*		% Daily Value*	
Total Fat	5g	7%	10g	14%
Saturated Fat	2g	10%	4g	20%
Trans Fat	0g		0g	
Cholesterol	15mg	5%	30mg	10%
Sodium	240mg	10%	480mg	20%
Total Carbohydrate	35g	12%	70g	24%
Dietary Fiber	6g	24%	12g	48%
Sugars	7g		14g	
Protein	9g		18g	

Reading Food Labels

Food labels can help you compare your food and drinks to help you pick the ones that are lower in sugar. Learn how to read the food labels on bottled drinks so you can choose your drinks wisely.

Make sure you know the difference between “serving” and “container.” One container can have more than one serving. This container has about 2 servings.

Most food labels only show nutrition facts by serving, not by container. Multiply the nutrition facts per serving by the number of servings per container to know how much sugar you are really consuming. Example: 7g x 2 servings = 14g.

Learn About Your Child’s Development

Every child develops a little differently. It’s normal for your child to grow and develop at a different rate from other kids, but it’s important to work together with your pediatrician to make sure your child grows normally. The Health Center’s Senior Pediatrician **Dr. Sherry Shao Fen Huang** answers a few questions that you may have about your child’s development.

Q: What can I do to keep track of my child’s development?

A: The most important thing you can do is interact with your child. Talk and play with your child, and learn what milestones are normal at each age—what your child should be able to do at two months, six months, one year, and so on—and check to see if your child is meeting them. It is best to stick with one pediatrician who can get to know your child and keep track of his or her development.

Q: How can I best work together with my pediatrician?

A: It can take more than one visit for your pediatrician to get to know your family and your child. The person who spends the most time taking care of your child should be at each visit to answer questions about your child’s abilities. So if grandma or grandpa takes care of your child while you are at work, he or she should be there to talk with your pediatrician. More importantly, do not delay going to see your pediatrician if you think there is a problem. Don’t wait until your next scheduled visit to ask questions; have your child checked right away.

Q: What should I do if I think my child is not developing normally?

A: The best advice I could give is to ask. Ask if you think there’s

a problem, no matter how minor it may seem. Seek help early and don’t keep it to yourself. If your child does have a delay, talk to your pediatrician and to other parents—peers can be very helpful for support and finding resources. The earlier children with developmental or speech delays get help, the better the outcomes. Do not hide your child’s delay to avoid stigma or labeling.



The Health Center’s Pediatrics Department is here to support you while your child is growing. We examine your child and review the milestones with you at every visit. If your child has a delay, we will work closely with you to connect you with resources and coordinate care with your child’s school and specialists. The earlier children with delays are identified and receive services, the greater their chances for improvement.

If your child has a developmental delay or other special needs, know that your family is not alone. The Health Center has a Special Needs Team to help children get the best care they need to thrive at home and at school. Ask about joining our monthly Parent Advisory Group. You can give feedback on what your family needs and how we can best support you.



Join us for Good Health Day!

- Free health screenings
- Educational health activities for children and adults
- Other fun activities like games, face painting, aerobics, and performances
- Prizes and raffles

Chinatown Good Health Day

Sara D. Roosevelt Park
Tuesday, August 5th, 2014

Flushing Good Health Day

136-26 37th Avenue, Parking Lot
Saturday, August 9th, 2014



Next Steps after Enrolling for Health Insurance

If you recently enrolled for health insurance, you may still be trying to understand the many different terms and how your health insurance works. It is especially difficult to understand why you are paying for healthcare expenses on top of the monthly fee you pay to your insurance plan. It is important to know that healthcare can be very expensive, especially in case of an accident or long term illness. While it may seem very expensive now, health insurance is one of the most important investments you can make for your long-term health and financial security.

Every health plan is different and will vary in prices depending on your health benefits covered. Take time to understand these health insurance terms to better understand your own health plan.

Visit or call us if you have any questions about health insurance!

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Breaking Down Health Insurance Terms

Premium – The amount you will pay every month for your health insurance plan.

Benefits – The healthcare items or services that your insurance plan covers. This may include doctor's visit, emergency room, hospitalization or prescriptions.

Co-insurance/cost sharing – The percentage of the total covered health service costs you and your insurance company will share.

For example, when you receive a bill for healthcare, your insurance plan may pay 70% while you pay 30%. So if your bill is \$100, your insurance provider will pay \$70 and you will pay the remaining \$30.

Deductible – The amount you need to pay for your own health care services before your insurance plan will help with your payments. This means you will pay for health services until you have paid up to the deductible amount.

For example, your plan has a \$500 deductible. You may go to the doctor. If the visit is \$100, you will pay \$100 and your insurance will pay \$0. After five visits, you have paid up to \$500. Your insurance plan will then help pay for the subsequent doctor's visits. You will only need to pay the copayment.

Copayment – A fixed amount of money you will pay for health services after you meet the deductible.

For example, you may have a fixed copayment of \$10 for a primary doctor visit, \$30 for specialty doctor visit, and \$5 for prescription medicine. No matter how many times you need to visit your doctor or fill a prescription, the amount you pay will always be the same as it says on your plan.

Maximum Out of Pocket – The limit for how much you have to pay a year for health services. After you hit this amount, your insurance plan will pay 100% of healthcare costs including copayment and cost sharing/co-insurance.

Subsidies – A tax credit that you may be able to receive, depending on your income, when you purchase health insurance coverage through the NY State of Health, the Official Health Plan Marketplace. This subsidy will reduce the amount of premium you pay each month.