



Helen Wong, MD
Family Practice
Medical Director
黃曉明 醫生
家庭科 – 醫務總監

Clinic Location:
NEMS Eastmoor Clinic
211 Eastmoor Avenue
Daly City, CA 94015
(650) 550-3923

Clinic Hours:
Mon-Fri 8:00am-6:00pm
Saturdays 8:00am-12:00pm &
1:00pm-5:00pm
Closed Sundays & Holidays

指定診所
帝利市診所
211 Eastmoor Avenue
Daly City, CA 94015
電話 (650) 550-3923

診所營業時間
週一至週五 8:00-6:00
週六 8:00-12:00 及
1:00-5:00
週日及假日休息

Dear NEMS Member,

My name is Helen Wong and it is a privilege to serve you as your primary care provider (PCP) at North East Medical Services (NEMS). Knowing who your PCP is and working with the same provider is very important in building trust and better health. That is why I wanted to tell you a little bit more about me.

I pursued my medical degree at the Chicago Medical School at the Rosalind Franklin University of Medicine and Science, focusing on Family Practice. After I graduated, I completed my residency at O'Connor Hospital in San Jose, California.

I joined NEMS in 2011 and currently serve as Medical Director at the Eastmoor Clinic in Daly City; and San Bruno Avenue Clinic and Leland Avenue Clinic in San Francisco. I hold a board certification from the American Board of Family Medicine and am particularly interested in women's health, mental health and preventive medicine. I am fluent in several languages, including Cantonese, Mandarin, Toishan, and English.

In my spare time, I enjoy cooking, reading, arts & crafts, singing, and spending time with family and friends.

So remember, the next time you need quality health care, whether it's for a sore throat or an annual physical check-up, make sure to ask for me, Dr. Wong, your PCP.

尊敬的東北會員，

我是東北醫療中心的黃曉明醫生，很高興能夠成為您的主診醫生。了解您的主診醫生並長期與其合作對於建立互信和跟進您的健康非常重要，我想藉此機會作一個簡單的自我介紹。

我畢業於富蘭克林大學醫學與科學學院的芝加哥醫學院 (Chicago Medical School, Rosalind Franklin University of Medicine and Science)，專注於家庭科，之後在聖荷西 O'Connor 醫院完成見習醫生培訓。我擁有美國家庭科醫學委員會 (American Board of Family Medicine) 頒發的認證，對婦女健康、心理健康和預防醫學有專業興趣。我可以說流利的粵語、國語、台山話及英語，從 2011 年加入東北醫療中心開始，一直致力於為社區人士提供優質的醫療服務。我現任東北醫療中心帝利市診所、三藩市波特羅區診所及三藩市訪谷區診所的醫務總監。我的業餘興趣包括烹飪、閱讀、手工藝及唱歌，也不忘抽時間陪伴家人和朋友。

作為您的主診醫生，我會比較了解您的健康狀況，可以迅速回答您的問題，確保您獲得最佳的醫療照顧。這將節省您向另一位醫生或醫護師重新解釋保健需求的時間，也有助於進一步提高我們的工作效率和服務質量。下次當您要做例行檢查、或遇到緊急醫療狀況、或者有任何健康問題，請與我聯繫。

Helen Wong, MD
黃曉明醫生 謹啟



NORTH EAST
MEDICAL SERVICES
東北醫療中心

a california *health+* center