



**Christina He, MD**  
**Internal Medicine**  
**何昱婷 醫生 – 內科**

**Clinic Location:**  
**NEMS Portola Clinic**  
2574 San Bruno Avenue  
San Francisco, CA 94134  
(415) 391-9686

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

**指定診所**  
**三藩市波特羅區診所**  
2574 San Bruno Avenue  
San Francisco, CA 94134  
電話 (415) 391-9686

**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 Christina He and it is a privilege to serve 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 received my medical degree from Weill Cornell Medicine in New York, New York. After I graduated, I completed my internship and residency at the University of Vermont Medical Center in Burlington, Vermont.

I joined NEMS in 2022 and have been providing health care to the community ever since. I am fluent in Mandarin and English, and have a professional interest in diabetes care, heart failure management, and preventive medicine. In my spare time, I enjoy reading and spending time with family.

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. He, your PCP.

尊敬的東北會員，

我是東北醫療中心的何昱婷醫生，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。

我畢業於威爾康奈爾醫學院 (Weill Cornell Medicine, NY)，專注於內科，之後在佛蒙特大學醫療中心 (University of Vermont Medical Center) 完成見習醫生培訓和醫療實習。

從 2022 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。我可以說流利的國語及英語。我對糖尿病、心臟衰竭管理和預防醫學有專業興趣，在業餘時間喜歡閱讀和抽時間陪伴家人。

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。

**Christina He, MD**  
**何昱婷醫生 謹啟**



a california *health+* center