



**Lauren Grace Quan, MD**  
**Family Practice**  
**關侶蘭 醫生 - 家庭科**

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

**Clinic Hours:**  
Mon-Sat 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**  
週一至週六 8:00-12:00 及  
1:00-5:00  
週日及假日休息

Dear NEMS Member,

My name is Lauren Grace Quan 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's why I wanted to tell you a little bit more about me.

I received my medical degree from the University of Queensland-Ochsner Doctor of Medicine Program. After I graduated, I completed my residency at Loma Linda University Health Education Consortium in California.

I joined NEMS in 2022 and have been providing health care to the community ever since. I hold a board certification from the American Board of Family Medicine and am particularly interested in mental health, women's health, and lifestyle medicine. In my spare time, I enjoy travel, hiking, reading, and volunteering with dog rescue.

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. Quan, your PCP.

尊敬的東北會員，

我是東北醫療中心的關侶蘭醫生，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。

我畢業於昆士蘭大學醫學院 - 奧希納醫學院 (University of Queensland School of Medicine, Ochsner Clinical School)。之後在洛馬林達大學健康教育科 (Loma Linda University Health Education Consortium) 完成見習醫生培訓。

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。我持有美国家庭科委員會 (American Board of Family Medicine) 頒發的認證，專注於心理健康、婦女健康和生活方式。在我空閒的時間，我喜歡旅遊、遠足、閱讀和做義工救援小狗。

作為您的主治醫生，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。

**Lauren Grace Quan, MD**  
**關侶蘭醫生 謹啟**



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