



**Teresa Chang, FNP**  
**Family Practice**  
**Teresa Chang 醫護師**  
**家庭科**

**Clinic Location:**  
**NEMS San Jose Clinic**  
1870 Lundy Avenue  
San Jose, CA 95131  
(408) 573-9686

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

**指定診所**  
**聖荷西診所**  
1870 Lundy Avenue  
San Jose, CA 95131  
電話 (408) 573-9686

**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 Teresa Chang 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's why I wanted to tell you a little bit more about me.

I pursued my nurse practitioner degree at the UCSF School of Nursing, focusing on Family Medicine. I joined NEMS in 2022 and have been providing health care to the community ever since. I hold a Family Nurse Practitioner certification from the American Nurses Credentialing Center (ANCC) and am particularly interested in diabetes care. I'm fluent in several languages, including Cantonese, English, and conversational Mandarin. In my spare time, I enjoy jogging, travel, and music.

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, Nurse Practitioner Chang, your PCP.

尊敬的東北會員，

我是東北醫療中心的 Teresa Chang 醫護師，很高興能夠成為您的主診醫師。了解您的主診醫師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。

我畢業於加州大學三藩市分校護理學院 (UCSF School of Nursing)，專注於家庭醫學。從 2022 年加入東北醫療中心聖荷西診所開始，一直致力於為社區人士提供優質的醫療服務。我擁有美國護理認證中心 (American Nurses Credentialing Center) 頒發的認證書。我的專業興趣集中在糖尿病。我可以說流利的粵語及英語，並略懂國語基本會話。在業餘時間，我喜歡跑步、旅遊、和聽音樂。

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。

**Teresa Chang, NP-C**  
**Teresa Chang 醫護師 謹啟**



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