



**Di (Heidi) He, PA-C**  
**Family Practice**  
**何荻 醫師助理**  
**家庭科**

**Clinic Location:**

**NEMS Lundy Clinic**

1870 Lundy Avenue

San Jose, CA 95131

1-888-500-1886

**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 Lundy 街診所**

1870 Lundy Avenue

San Jose, CA 95131

電話 1-888-500-1886

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

I pursued my Physician Assistant degree at the Betty Irene Moore School of Nursing at UC Davis Physician Assistant Program. I hold a board certification from the National Commission on Certification of Physician Assistants and am particularly interested in women's health and diabetes care.

I joined NEMS in 2022 and have been providing health care to the community ever since. I am fluent in Mandarin and English. When not at work, I enjoy reading and cooking.

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, Physician Assistant He, your PCP.

尊敬的東北會員，

我是東北醫療中心的何荻醫師助理，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。

我畢業於加州大學戴維斯分校醫師助理計劃 (UC Davis Physician Assistant Program)。我擁有美國國家醫師助理認證委員會 (National Commission on Certification of Physician Assistants) 認證，專業興趣是婦女健康及糖尿病護理。我可以說流利的國語及英語。在業餘時間我喜歡閱讀和烹飪。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。

作為您的主診醫師，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。

**Heidi He, PA-C**

**何荻 醫師助理 謹啟**



**NORTH EAST**  
**MEDICAL SERVICES**

東 北 醫 療 中 心