



Hamkae
Center

HEALTH ACCESS PROGRAM

Hamkae Center: Health Access Service Program

All services are free and limited to **Virginia residents**. Our certified health navigators provide unbiased assistance with:

- Eligibility screenings for health care insurance
- **ACA / Obamacare** (Marketplace) applications
- **Medicaid & FAMIS** applications
- Low-cost **dental & primary care clinic referrals**

Services provided in: **English and Korean**

To make an appointment with us, contact our Health Services Coordinators for upcoming changes related to health insurance (services@hamkaecenter.org / 703-256-2208 TTY 711), or fill out the request form. →



The next **Open Enrollment Period** begins **November 1, 2026**



Medicaid/FAMIS applications are available **year-round**.



DON'T FORGET: Medicaid recipients must **renew their insurance annually** or risk losing their health coverage.

Voting on the Reproductive Freedom Amendment (Virginia)

In November 2026, Virginia voters will vote on a proposed constitutional amendment related to reproductive freedom.

This amendment would add a new section to the Constitution of Virginia establishing the fundamental right to make decisions about one's own reproductive health and body.

This includes care related to:

- Contraception
- Miscarriage
- Abortion
- Fertility
- Pregnancy and childbirth

If passed, it would limit when the government can interfere with these decisions and includes protections against punishment related to pregnancy outcomes for patients and providers.

This amendment is the result of over two years of organizing and advocacy by community groups, healthcare providers, and reproductive justice groups across Virginia.

Because it would be part of the state's constitution, it would create long-term protections that are harder to change than other laws.

Hamkae Center is a grassroots, community-based nonprofit that organizes Asian Americans in Virginia for social, racial, and economic justice. **Learn more: www.hamkaecenter.org**

AANHPI Health Fun/Fast Fact

What percentage of sugar did you pick for your boba today?

- Did you know that Asian Americans have a harder time digesting and processing sugar than others and they are at a higher risk for diabetes?
- The 100% level of sweetness in a typical boba store drink is equal to about 50g of sugar which is a similar weight of an egg.

Taking the wins

- We are more likely to believe in medicine.
- We have the highest life expectancy.
- We have a lower risk of cancer.

Home Cooked Meals

- Home cooking is a large part of many Asian American households which is linked to better nutrition and lower processed food intake.
- Eating together builds stronger social and emotional bonds.

Did you know, fortune cookies are not a common staple in China? They are actually from Japan!

- Japanese immigrants first brought the cookies in the early 20th century to San Francisco.
- In 1942 many Japanese immigrants were sent to internment camps and many of their businesses closed, which led to Chinese immigrants adopting the fortune cookie as we know it today.
- Japanese fortune cookies were originally larger and made with sesame and miso paste. Savory rather than sweet!

Japanese Hot Pot is all the craze!

- Shabu-Shabu, a type of hot pot, derived its name by the oenomania of the “swish-swish” sound of the ingredients being stirred.

Matcha Supremacy

- One serving of matcha can have more antioxidants than green tea because you are consuming the entire leaf, not just an infusion!
- Contains L-theanine which promotes calmness and focus
- Energy release is slower and more sustained than coffee

Herbal Teas: Their Benefits and Dangers

Disclaimer: copyright/information, always consult a doctor when adding supplements to your diet.

Chrysanthemum Tea

- In traditional Chinese medicine, chrysanthemum tea can help reduce inflammation.
- Not suitable to drink daily or for pregnant women and people who have existing stomach issues.
- Overdrinking tea can upset the stomach. May cause allergic reactions in some.
- Tips: Try to limit consumption to 3-5 times a week and add honey for better taste and to aid digestion.

Peppermint Tea

- Anti-inflammatory
- Can help with bloating and constipation (GI irritation issue), nausea, and headache
- “Patients with a history of gallstones, gallbladder inflammation, hiatal hernia, or gastroesophageal reflux disease should consult a physician before consuming peppermint.”

Ginger Tea

- Can help relieve digestion, treat nausea, vomiting, and stimulate appetite
- In traditional Chinese Medicine, Ginger is considered as a “hot” food item, not recommended to consume more than 2-3 times a week.

Ginseng Tea

- Boosts the immune system
- Increases strength and stamina

Chai Tea or Masala Chai

- Ginger & cinnamon → supports digestion
- Black Tea → contains antioxidants
- Spices → linked to anti-inflammatory properties