



MYCHI NGUYEN MD

Dr. Mychi Nguyen is an Internal Medicine Physician and the Chief Medical Officer at Asian Health Services (AHS). She has been providing essential primary care services to underserved and immigrant communities at AHS for over 11 years. She came to the United States as a Vietnamese refugee at the age of 5. She is the eldest child of 3 from an immigrant family. Like many immigrant families, her family did not have regular access to medical care and little knowledge of how to navigate the complex health care system. Dr. Nguyen witnessed first-hand the effects of intergenerational trauma, poverty, and health disparities that immigrant families and communities of color face in trying to access quality, culturally and linguistically appropriate care. She pursued many volunteer and service opportunities during her educational training, including completing her undergrad thesis on urban poverty. She has traveled abroad to bring her studies and medical training full circle. This understanding and experience has laid the groundwork for Dr. Nguyen's passion for medicine, serving the most vulnerable populations and coaching the next generation of health care workers and leaders.

In response to the Covid-19 crisis, Dr. Nguyen and her team launched a respiratory care unit to provide care and testing to the community in Oakland. They have also dedicated a clinic for mass vaccinations. She leads the Behavioral Health team that provides essential mental health services to help alleviate the effects of social isolation, language barriers, and socioeconomic disparities of patients. Dr. Nguyen has been a champion and leader in chronic disease management. She organized a walking group for diabetic seniors to build community through peer support, provide patient education, and improve health through physical activity. She has led innovation projects for quality improvement, spearheaded motivational interviewing and communications training to optimize the patient experience in the clinic and helped train Providers and staff. She has helped to launch an employee recognition and appreciation program to address staff development, satisfaction, and retention.

Dr. Nguyen enjoys growing food in her garden for family and friends. She is especially re-energized by cooking and baking with her favorite sous chef, her 6 year old son Collin. She believes that by understanding people's stories and histories, engaging patients and the team in care, developing each other's strengths, and supporting each other in this essential work, we are able to find ways to innovate and grow together so that we can all contribute to a more healthy and just society.