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San Francisco Regionálny priemer - Komerčný regionálny priemer - Medicaid Regionálny priemer - Medicare Národný priemer - Komerčný národný priemer - Medicaid Národný priemer - Medicare VŠEOBECNEJ PRIMÁRNEJ STAROSTLIVOSTI A PREVENTÍVNE SLUŽBY Kolorektálneho karcinómu Screening 2017-10 - 2018-09 Vyššia je lepšia 73.95 59.94 Nie je k dispozícii 72.29 61.05 Nie je k dispozícii 70.04 Očkovanie proti chripke pre Dospelí vo veku 18-64 2017-10 - 2018-09 Vyššia je lepšia 49.33 51.89 40.67 Nie je k dispozícii 50.02 39.60 Nie je k dispozícii lekárska pomoc pri fajčení a odvykanie od tabaku - Poradenstvo fajčiarom prestať 2017-10 - 2018-2018-2018-20 Je lepšie menučko, alebo nie 92 84 Nie je k dispozícii 74.52 76.97 Neprístupná lekárska pomoc pri fajčení a odvykaní od tabaku - Diskusia o odvykaní liekov 2017-10 - 2018-09 Vyššia je lepšia 87.34 Nie je k dispozícii nie je k dispozícii 50.40 51.53 Nie je k dispozícii lekárska pomoc s fajčením a odvykanie od tabaku - Diskusia o stratégiách ukončenia odvykania 2017-10 - 2018-09 Vyššia je lepšia 91.76 nie je k dispozícii nie je k dispozícii 44.37 45.37 Nie je k dispozícii non-opporúčané PSA-Based Screening u starších mužov 2017-10 - 2018-09 Nižšia je lepšia 11.26 Nie je k dispozícii Available 32.85 Not Available Not Available 31.52 WOMEN'S HEALTH Breast Cancer Screening 2017-10 - 2018-09 Higher is Better 71.89 70.92 57.57 73.41 71.37 58.28 72.45 Cervical Cancer Screening 2017-10 - 2018-09 Higher is Better 83.75 72.48 59.63 Not Available 73.75 59.42 Not Available CARDIOVASCULAR HEALTH Controlling High Blood Pressure 2017-10 - 2018-09 Higher is Better 77.83 54.92 62.96 74.48 58.48 56.92 71.14 Persistence of Beta-Blocker Treatment after a Heart Attack 2017-10 - 2018-09 Higher is Better Not Available 80.54 76.28 88.57 84.56 78.46 90.15 Statin Therapy for Patients With Cardiovascular Disease Received Statin Therapy - 21-75 years (Male) 2017-10 - 2018-09 Higher is Better 82.38 81.21 79.29 80.18 82.98 77.75 80.38 Statin Therapy for Patients With Cardiovascular Disease Received Statin Therapy - 40-75 years (Female) 2017-10 - 2018-09 Higher is Better 68.18 70.42 72.60 74.66 73.38 73.43 76.85 Statin Therapy for Patients With Cardiovascular Disease Received Statin Therapy - Total 2017-10 - 2018-09 Higher is Better 82.19 78.31 76.65 78.35 80.68 76.17 79.01 DIABETES AND ENDOCRINE Comprehensive Diabetes Care - Blood pressure (<140/90) 2017-10 - 2018-09 Higher is better 77.02 61.30 67.38 67.38 56.05 62.69 66.56 Comprehensive Diabetes Care - Eye Exams 2017-10 - 2018-09 Higher is Better 86.22 50.86 61.03 76.59 51.59 92 57.20 71.78 Comprehensive Diabetes Care - HbA1c Control (<7% for a selected population) 2017-10 - 2018-09 Higher is Better 45.68 43.67 Not Available Not Available 3 7.90 34.59 Not Available Comprehensive Diabetes Care - HbA1c Testing 2017-10 - 2018-09 Higher is Better 99.14 89.69 87.85 94.69 90.49 8 7.54 93.67 Comprehensive Diabetes Care - Medical Attention for Nephropathy 2017-10 - 2018-09 Higher is Better 97.90 90.31 90.16 96.68 89.25 90.11 95.56 Comprehensive Diabetes Care - Poor HbA1c Control 2017-10 - 2018-09 Lower is Better 17.81 32.11 35.10 18.37 36.44 40.44 52 24.72 Statin Therapy for Patients With Diabetes Received Statin Therapy 2017-10 - 2018-09 Higher is Better 66.78 61.64 65.85 72.92 60.76 61.4 6 71.67 MENTAL HEALTH Antidepressant Medication Management - Effective Acute Phase Treatment 2017-10 - 2018-09 Higher is Better 62.33 64.34 54.79 70.12 67.99 53.9 0 70.87 Antidepressant Medication Management - Effective Continuation Phase Treatment 2017-10 - 2018-09 Higher is Better 49.30 49.07 38.85 53.78 52.38 38.60 56.06 Many people joke about stashing their money under a mattress, but what if it was really the only option? The San Francisco Bank, a public-private partnership formed by the city and several financial organizations, provides citizens with access to bank accounts and financial education. When the pilot began in September 2006, there were 50,000 nonbank households in the city. After two years, 25,000 of them signed up for the accounts. One of the reasons many people didn't have checking accounts is that they lacked a U.S. government-issued ID. Under the Bank on San Francisco program, 17 participating banks and cooperatives must accept Mexican and Guatemalan IDs. The initiative allows participants a safe place to make their money, as well as an alternative to check-cashing services that often take 5% or more of their net income each year. It also includes training in money management. Other cities across the country are copying the program, and Gov. Arnold Schwarzenegger signed a bill in December to expand it statewide in California. Join the conversation in San Francisco Chicago, Cleveland, Denver, Houston, Malmö, New Orleans, New York, Philadelphia, San Francisco, Seattle, Taipei, Tucson, Vancouver Courtesy of International Orange One of our favorite Instagram accounts to follow tips on mindfulness, Folk Rebellion, asked a poignant question that is worth passing: What if we recharged as often as we recharged our phones? This online community's job is to promote housing at the moment, and disconnect from technology, something that can be difficult to do when juggling busy plans. While we certainly don't need permission to take time for ourselves, sometimes we need that extra push to prioritize and rest. And if you need even more pressure to carve out some time for me, we're here to help you cancel out that white noise to enjoy a day of pampering without guilt. Believe us, a break from social media feels detoxifying in itself, so just imagine what a mobile phone-free spa day can do. We've compiled a list of the top four spas in San Francisco, so keep scrolling if you need a place to recharge. Owner Melissa Ferst shares with MyDomaine that International Orange is trying to provide a simple but beautiful environment for her clients. Consider this task to achieve. Tucked away at the bottom of the Pacific Heights neighborhood, IO is minimally decorated and almost all white. Treatments here exclusively use organic and natural creams and oils. Melissa's recommendations are a massage with added Fiore body balm or his In Fiore facial, which includes a facial massage. With one, you walk out smelling and feeling incredible, shared. Other offers include acupuncture and yoga. 2044 Fillmore St., 2nd Floor, San Francisco Located inside San Francisco's St. Regis, Remem de Spa San Francisco is a nine-room treatment room equipped with an indoor heated pool. In addition to signature massages and facials, treatments include St. Regis Spa Rituals like the Two-Hour Beauty Ritual, which begins with a milk bath followed by gentle body exfoliation, body wrap, and oil application. After the service, you can enjoy city views of the morsel from the specially designed spa dining room. 125 3rd Street, San Francisco Indulge in high tea (\$150 for four) in addition to massages, facials, body treatments, manicurs, and pedicures in this 10-room spa. Try one-of-a-kind services like Nob Hill Spa Magnesium Wellness Treatment, which uses mineral to help detoxify and relieve tension, or try Deep Sleep Ritual, which is designed to soothe an overactive mind. 1075 California St., San Francisco Nestled on a shed level at the Vitale Hotel, The Joie de Vivre Hotel is a three-room spa with its own outdoor bamboo garden and soaking tub. Try a therapeutic massage, and add a 25-minute signature Bathing Ritual that includes soak, herbal tea, and cucumber eye treatments. 8 Mission St., San Francisco Credit: Amanda Marsalis Advertising Advertising Credit: Wendy Ball &Dara Albanese Credit: David Nicolas Credit: Justin Lew Advertising Advertising Credit: Wendy Ball &Dara Albanese Advertising Tripsavvy uses cookies to provide you with a great user experience. By using Tripsava, you consent to the use of cookies. Tripsavvy uses cookies to provide you with a great user experience. By using Tripsava, you consent to the use of cookies. Voted America's top city in many surveys, colorful and cosmopolitan San Francisco in Northern California always charm visitors. Hilly The city by the bay offers everything from a cozy Italian neighborhood called North Beach to a large, well-known Chinatown, the oldest in North America. There are beautiful green areas for hiking and several beaches and towns with panoramic views of the city and the bay. Explore the city's historic Victorian homes, dilletant cafes, street wall-mounted cafes and restaurants, as well as ideal places within an hour to take a trip. 01 of 25 Address Golden Gate Bridge, Coastal Trail, San Francisco, CA 94129, USA Phone +1 415-426-5220 The 1.7 mile long Golden Gate Bridge is one of America's best construction wonders and a must-see on any trip to San Francisco. For over 80 years, this charming and iconic span (which connects to Marin County) is an unforgettable place to ride, walk or cycle through. You can even fly on a seaplane. 02 of 25 Reflect on your adventure while in Golden Gate Park. Within its thousands-plus acres are gardens, lakes, wedding and walking trails, the Strybing Arboretm at the San Francisco Botanical Gardens, and a quiet Japanese tea room and garden, originally part of the 1894 World Fair exhibit. Tea drinkers overlook the waterfall and a pond framed by fragrated wisteri. 03 of 25 Macdull Everton/Getty Images It's really nothing more than the California Academy of Sciences. Combining innovative architecture and interesting exhibitions, the Academy is home to the Steinhart Aquarium, Morrison Planetarium, Kimball Natural History Museum, and a four-story rainforest under one green roof. 04 of 25 Address Fisherman wharf, San Francisco, CA, USA The city's most popular destination, fishing dock overlooking San Francisco Bay and the Golden Gate Bridge. The historic waterfront still serves as a working fishing dock, so expect fresh seafood around the restaurants. Nearby San Francisco attractions such as Pier 39, Cannery, and Ghirardelli Square are touristy, but prove irresistible to many visitors. Continue to 5 of 25 below. 05 of 25 Daniel Osterkamp/Getty Images Short Ferry Ride to Alcatraz Cruises, LLC deposits take you to Alcatraz Island, and the self-driving Alcatraz Cellhouse Audio Tour is available in many languages. Evening tours, led by park guides, are also available on this island-of-no-escape in San Francisco Bay (Ferry departs Pier 33). 06 of the 25 Moving Historical Monuments, San Francisco cable cars operate seven days a week along the century-old route. For a unique tour of the city, take the California Street line that runs from the financial district through Chinatown and through Nob Hill. The Powell-Mason line ends near Fisherman's Wharf and the Powell-Hyde line ends in a water park near Ghirardelli Square. A board in San Francisco on every turntable cable car where you see brown-and-white stopwatches. 07 of 25 dragon-velled arches at bush intersection and Grant Avenue announces announces entering Chinatown in San Francisco, known as Chinatown's largest outside Asia. The streets are teeming with stalls with fish and vegetables, herbal shops, temples and restaurants. Hunan Home and R&D Lounge restaurants are highly rated with guests. Museums include the Chinese Historical Society of America and the Chinese Cultural Center in San Francisco. 08 of 25 Address North Beach, San Francisco, CA, USA Between meetings, stroll to North Beach, San Francisco's Little Italy neighborhood, for a snack. Espresso is strong and cannoli pastries are sweet on the beloved Caffè Trieste, and the century-old Molinari dell soothes hunger. Once fortified, visit city lights bookstore, mecca for Bohemians and serious book-lovers alike. Continue to 9 of 25 below. 09 of the 25 Address Alamo Square, San Francisco, CA, USA Postcard-worthy views include Alamo Square, where San Francisco's about-1900 Victorian houses are juxtapaious against the towering backdrop of skyscrapers downtown. This area is bordered by Broderick Street and Webster Street to the east and west and Oak Street and Golden Gate Avenue to the north and south. Lombard Street, the world's most crooked, is also a sight to look at. Its vertiginous path winds past ornate houses and descends steeply (between Hyde and Leavenworth streets). 10 of 25 StephanHoerold/Getty Images Address Presidio from San Francisco, San Francisco, CA, USA The beautiful scenic Presidio was a military post for over 200 years until 1994, when it became part of the National Park Service. Visitors can enjoy the trails, peaceful green areas and recreation areas, along with cafes, restaurants and other businesses. Don't miss a bike ride through Crissy Field on the Golden Gate Bridge. 11 of the 25 Mission Districts have a rich multicultural heritage: immigrants from Europe and later people from Mexico, Central America, South America and the Caribbean came here. This mainly Latino district is a solemn place to visit. You'll find classic taquerias, Mexican bakeries and specialty shops, as well as a variety of colorful public murals alongside a more gentrified contingent of trendy restaurants, bars, nightclubs and cafes. 12 of 25 NicolasMcComber/Getty Images In downtown San Francisco, you'll find the lively Castro, the historic center of the gay community, where artists hang out and tourists and locals enjoy a variety of restaurants, boutiques and bars, along with a free children's museum. Castro's theatre stands out as a landmark area. The area is also known as the place where political activist Harvey Milk had his seat in the gay pride movement of the 60s and 70s. Continue to 13 of the 25 below. 13 of 25 Katrin Engel/EyeEm/Getty Images A wonderful way to explore this dynamic and vibrant city is with an expert leading you along as you travel on foot, learn about history and local neighbourhoods. Several companies offer tours--whether you want a trip through the city's Chinatown, Castro District, or other neighborhoods, or check out the country countryside for a free green walk or a trip--there is really something for everyone. 14 of 25 Address Haight-Ashbury, San Francisco, CA 94117, USA To experience where all things hippy took place in the 60s, head to where Haight and Ashbury streets meet. It's hard to imagine the incense-filled days of the past as you walk in your heart, where the 1967 Summer of Love held 100,000 people converged on Haight and the famous Grateful Dead band took the neighborhood home. You will find restaurants, vintage clothing stores, smoke shops, art shops, cafes, beautiful Victorian houses, and beyond. 15 of 25 Address Sausalito, CA 94965, USA If you take a nice ride north for about 30 minutes across the Golden Gate Bridge from San Francisco, you will come to the small town of Sausalito, a great place to spend the day in the Bay Area. Another fun option for transportation to Sausalito is with a ferry from Fisherman's Wharf. Once you arrive, enjoy a houseboat-filled, cute city and some winning views of San Francisco, along with galleries, shops and restaurants. 16 of the 25 Address Pacific Heights, San Francisco, CA, USA Victorian homes and hilly streets come to mind for many people as they dream of a trip to San Francisco. However, some prefer not to walk the famously steep hills. The Victorian Home Walk takes you around the Pacific Heights neighborhood, avoiding the hills and giving a tour accessible to people of all abilities. With their expertise, you'll see more than 200 restored homes, filming the location of the movie Mrs Doubtfire and where celebrities like Robin Williams and Don Johnson lived. Public tours are shown on Mondays, Thursdays, Fridays and Saturdays; private tours are the time you choose. Reservations are needed in both cases. Continue to 17 of the 25 below. 17 of the 25 Address Twin Peaks, San Francisco, CA, USA For some great Bay Area and city views from above, head to Twin Peaks near the city's geographic center, also one of the stops along San Francisco's Scenic 49-Mile Drive. Two adjacent peaks stand at 922 feet each. This internationally known attraction is part of the nearly 65-acre Twin Peaks natural area, where you can perhaps get a glimpse of endangered blue butterfly missions, rabbits, coyotes, native plants, and coastal scrub, among other flora and fauna. 18 of 25 DavidCallan/Getty Images Visited five U.S. presidents and other famous people, a beloved Cliff House restaurant north of Ocean Beach—which has been through fires, earthquakes and dynamite explosions—has been restored and houses Bistro Restaurant, the fifth of its major incarnations since it all began in 1858. Other restaurants, cafes, bars and are nearby. To learn more about the fascinating history of the area, stop by the Lands End Lookout Visitor Center above Cliff House. North of Cliff House, explore the remains of the Sutro Spa, which opened in 1896: The building held former seawater pools, an ice rink, restaurants and an amphitheatre. 19 of 25 Address Union Square, San Francisco, CA 94108, USA Union Square is a great shopping area and beloved tourist attraction where you can sip on coffee and people-watch outdoors, head inside nice restaurants with everything from sushi to Mexican or French cuisine, or experience galleries and shops galore. For a bit of a taste of history, check out the Walk of Fame, featuring signatures and handprints from some of the celebrity guests from the Diva hotel on Geary Street. Or take your theater to the American Conservatory Theater, even to Geary. 20 of 25 This museum full of science, art and other engaging experiences is highly interactive and educational—and for 50 years, it has been a great place to be an entire family. The museum is located on pier 15 of the embarcadero and offers over 650 hands-on exhibits, seasonal and sustainable restaurants and cafes, and two shops, the museum offers pleasure for people of all ages. Check out their reduced rates and community days (pay what you wish). Continue to 21 of the 25 below. 21 of the 25 other beautiful San Francisco cities to take in the views is the Coit Tower, a 210-foot structure atop Telegraph Hill, dating back to 1933. Once you have an elevator to the top of the tower, you will find a deck with panoramic views of the city and the surrounding bay, including bay and golden gate bridges. At the base of the tower are murals created in 1934 depicting life in California during the Depression. Tickets can be purchased at a nearby ticket shop; the site is open all year round, except for Thanksgiving, Christmas Eve, and New Year's Day. 22 of San Francisco's 25 is wonderfully full of colorful, creative streets, and part of that charm is in many diverse murals, some of the best in the country. This street art can be found on everything from churches to homes for public and private businesses. Fog City is home to more than 1,000 street wall fittings you can view in any type of weather. Most are in mission district, followed by south market and center/tenderloin area. 23 of 25 Andrei Stanescu/Getty Images If you don't mind the likely traffic, you can drive, bike, or walk across the San Francisco-Oakland Bay Bridge, usually called the Bay Bridge, to explore the East Bay and its many neighborhoods. By car, Berkeley is about an hour from San Francisco, and home to the famous University of California, Berkeley, hippies who have been around since the 60s, and many ethnic restaurants, shops, cafes, parks and other ways to have fun. Oakland's A 20-minute drive south of Berkeley. It has a range of areas offering everything from outdoor concerts to thrift shops and trendy cafes. 24 of 25 TripSavvy/Melissa Zink Address Baker Beach, San Francisco, CA, USA Although it's not the safest swimming beach, views of the Golden Gate Bridge and surrounding countryside are unforgettable at Baker Beach, so take a walk to this place with no entry or parking fees. Others like to hunt or soak up the sun when it's not a foggy summer's day (the end closest to the bridge is a popular clothing-optional area). The beach is located on the ocean side of the Golden Gate Bridge, just below the Presidio. Continue to 25 of the 25 below. 25 of 25 Michael Lee/Getty Images The San Francisco Ferry Building-where Market Street runs into the Embarcadero at the Bay Bridge-is a buzzing place for food lovers in search of local and fresh food and wine in specialty shops and restaurants. Also, the San Francisco Ferry Building hosts an outdoor organic farmer's market a few days a week all year round; The biggest market is saturday morning, so don't miss out if you like seasonal, fresh produce. History lovers can enjoy the 240-metre clock tower, which has been dominant by the water for more than 100 years. Years.

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