



COMMUNITY ACUPUNCTURE

Community acupuncture is a nationwide movement to help create access to acupuncture for most people by removing the barrier of cost from healing.

We treat in a community setting. We use chairs in a large, quiet, soothing space. In our busy society, it is not often we stop and take time to relax while surrounded by our peers. This is opportunity to experience treatment with family, friends and community. Maintaining the calm space requires that there is little to no talking. As with any intentional group endeavor, the shared state makes individual treatments more powerful. Here, clients create the healing atmosphere as much as the practitioner.

How does the clinic work? For your first visit, you are welcome to arrive 10-15 minutes early to fill out the intake and consent forms. Or, you can print the intake form and bring it completed. There will be a block of time set aside for your initial assessment.

Acupuncture is a Process. It is very rare for anyone to be able to completely resolve a problem with one treatment. Acupuncture is more effective when it is done frequently and regularly. We find this to be especially true at the beginning of a course of treatment. Frequent regular treatment is much more likely to lead to lasting relief.

Your practitioner will suggest a course of treatment based on the initial assessment and we will reassess with each treatment.

We use a sliding scale. \$20 - \$40: You decide what you can afford on any given day.

The purpose of the sliding scale is to help separate the issues of money and treatment in order to adhere to the course of treatment. We want you to come in often enough to really get better and stay better.

Please keep in mind that we also have financial obligations, so please pay what you can. This way you get the treatment that you need and we get to keep providing it for you. We hope this will be a sustainable arrangement that everyone benefits from.

Needle placement and length of time. The acupuncture needles are hair-thin sterile one time use and are inserted on the scalp, ears, below the elbows and knees. There is no need to undress, just remove your shoes and roll up your pants and sleeves. And yes, you can even get back relief with points on your hands and feet. The needles are retained between 20-45 minutes.

Scent Free Policy. Please refrain from perfumes and strong scented products.

Forms of payment. Cash, Debit, Credit Card.

Insurance reimbursement. Check with your provider to confirm if you have coverage for registered acupuncturist. We provide receipts for all visits.

Cancellation Policy. Unplanned issues or emergencies come up for all of us. A minimum 24 hours notice is requested for appointment changes or cancellations or a missed appointment fee of \$5-\$20 will be charged.

ACUPUNCTURE PRE-SESSION INFORMATION

Hello and thank you for booking your appointment. There are a few things you would probably like to know for your acupuncture treatments.

Before Session

- Try not to drink coffee within an hour of treatment.
- Don't brush your tongue (we look at your tongue for health indicators).
- Don't eat too much or nothing at all, or drink alcohol. If you haven't eaten all day we recommend that you have a light snack prior to your visit.
- If you are currently on any medications/supplements, please bring a list of what they are to your first appointment.
- Try not to do any high physical activity for the rest of the day after treatment, so do try to plan for this.
- Go to the bathroom before the treatment.
- If possible, bring or wear comfortable loose clothing.
- Don't be afraid to ask questions. It is important that you are comfortable and well informed.

Questions

If you have further questions please contact Victoria.