

## Commonly Asked Questions for Acupuncture

1. Fees: Initial appointment is 1.5 hours, \$120  
Follow-up appointments are 1 hour, \$90  
Housecalls and yachtcalls: \$300 initial appt and \$240 follow-up appts  
Additional time for in-depth consult is billed at \$15 for 15 minute increment  
Credit/check/cash/HSA accepted at time of appt. We are unable to file insurance directly, but can supply a superbill to the patient upon request. It is the patient's responsibility to understand whether their insurance covers acupuncture.
2. Attire: Please **WEAR LOOSE CLOTHING** that will enable access to your legs up to your knees, access to your arms up to your elbows, and access to your back and/or abdomen. If you happen to wear clothing that will be in the way of selected acupuncture points, we have sheets for keeping you draped if there is a need for undressing. Your comfort and dignity are always of the utmost importance.
3. Food: Please be sure to **EAT A SMALL MEAL** prior to your appointment. Acupuncture on an empty stomach may create an unnecessary and unpleasant treatment experience. Let's make it a pleasant experience!
4. Treatment Expectations:
  - Acute health issues usually require between 3-5 treatments.
  - Chronic health issues may require 5-15 treatments.
  - Just as western medicine does not often present a "cure" with one pill or one visit, Chinese medicine usually takes some effort and time. A single treatment is not likely to produce total resolution of a health issue. Usually, the body did not slip into disease overnight, so it is not reasonable to expect an overnight "cure". It is science not magic. As the treatments accumulate, momentum begins and you may find other symptoms you thought were unrelated also resolve.
  - There is no medicine on the needles and they are single-use, surgical steel. They are used once and then disposed of in a special medical waste container.
  - Your treatment may include other methods in addition or instead of acupuncture. These include moxibustion, tui na, gua sha, cupping, and essential oils.
  - You should ask any and all questions so that we have the opportunity to set your mind at ease.
  - Please arrive about 15 minutes prior to the initial appointment to complete necessary paperwork, or download it from the website and bring it with you already completed.
  - Cancellation less than 24 hours before an appointment results in charge for 50% of the appointment fee. No-shows are billed the entire appointment fee.

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