



About Community Acupuncture

The acupuncture you receive here might be a little different from what you've experienced before...

What is different

1. We offer treatment in a community setting

Acupuncture in Asia usually occurs in a community setting. Here we use reclining chairs in a quiet, soothing space. Treating you in a community setting has many benefits, like it's easy for friends and family members to come in for treatment together and it feels good to relax and heal with other people. Many say it's like group meditation. It also makes it possible for us to offer you treatments that are reasonably priced.

2. We use a sliding scale fee schedule

Most U.S. acupuncturists see only one patient per hour and charge \$50 to \$175 per treatment. This allows for the acupuncturist to make a living, but most people cannot afford to pay that much. We make acupuncture affordable for you (and can still pay our bills) by treating more than one person at the same time for lower prices. We want to make it possible for you to receive enough acupuncture to help you to feel healthy.

Please see our sliding scale form. Because of the numerous policies insurance agencies have regarding sliding scales, we do not bill insurances. However, if you have insurance that covers acupuncture, we are happy to give you a payment receipt so that you can submit it to your insurance. That is generally accepted with insurance companies.

What we need from you

1. Responsibility

We are not a primary care clinic. Acupuncture is a safe and effective compliment to Western biomedicine, but it is not a substitute for it. We can provide you with great acupuncture, but for *conditions which require a physician's attention*, please follow up with your doctor.

2. "Community-Mindedness"

The community setting requires some flexibility from everyone. The soothing atmosphere of our space exists because everyone creates it by relaxing together. This kind of collective stillness is a rare and precious thing in our rushed and busy society. Maintaining the calm requires minimal talk in the treatment space. If you need to speak to the acupuncturist privately at any length, we will probably need to schedule an individual appointment or speak by phone.

Part of the treatment "routine" includes rescheduling and making payments BEFORE each treatment, so that you can relax and enjoy the treatment. Please take personal belongings, (bags, shoes, etc.) with you into the treatment room and *please* turn off your cell phone.

3. Commitment

Acupuncture is a process. It is rare that a problem totally resolves in one treatment. Courses of treatment vary according to conditions, and studies show that the more frequently one receives acupuncture, especially in the beginning of treatment, the more effective the treatment is. The purpose of the sliding scale is to help you make that commitment financially. If you have questions about how long it will take to see results, ask your acupuncturist. Or, if you think you need to adjust your treatment plan, let us know so we can work together for the best results.