**KAM ACUPUNCTURE**

1. Fees: Initial appointment is 75-90 minutes, $75

 Follow-up appointments are 60 minutes, $65

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, arms up to your elbows, and your back and/or abdomen. If you happen to wear clothing that will be in the way of selected acupuncture points, we have draping sheets if there’s a need for undressing. Your comfort and dignity are always of the utmost importance.

3. Food: Be sure to eat a small meal prior to your appointment. Acupuncture on an empty stomach may create an unpleasant 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." A commonly used explanation likens treatment to pushing a car out of the ditch. One push and the car rocks a little, but settles back into the ditch. However, enough pushes and the car gains the momentum needed to move out of the ditch and back onto the road. 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. They are used once and then disposed of in a special medical waste container.
* Your treatment may include other methods in addition to acupuncture. These include moxibustion, tui na, gwa sha, electrical stimulation and essential oils.
* Please ask any questions so that we have the opportunity to set your mind at ease.