



Welcome! Please read this important orientation to our clinic:

- **What is Community Acupuncture (CA)?**

Inspired by how acupuncture is practiced in China, we treat in an open community setting. This has many benefits: it's easy for friends and family to come in together; many patients find it comforting; and a collective energetic field is established which makes individual treatments more powerful. In CA, patients keep their needles in as long as they want, because the right amount of time varies. Most people learn after a few treatments when they feel "done," which can take from twenty minutes to a couple of hours.

- **How is CA so affordable?**

We are committed to making acupuncture affordable and accessible. We offer a sliding scale of \$15-\$35, and do not require proof of income (see next page.) We do not bill insurance. If you have insurance that covers acupuncture, we'll be happy to give you a payment receipt that you can submit. One big reason that we are able to keep our prices so low is the extraordinary amount of marketing our patients do on our behalf - we don't have to advertise. Referrals from firsthand experience are essential to our success, and greatly appreciated!

- **How many treatments will I need?**

Acupuncture is a PROCESS. It is very rare for any acupuncturist to be able to resolve a problem with one treatment. In China, a typical treatment protocol for a chronic condition can be acupuncture every other day for three months. Most of our patients don't need that much acupuncture, but virtually every patient requires a course of treatment. Your acupuncturist will discuss a treatment plan with you on your first visit that, based on our experience, will give you the best results.

- **A few more important details for maximum enjoyment of your CA experience:**

- We ask you to take **responsibility** for your health. Springs Community Acupuncture does not provide primary care medicine. If you think you have a serious health issue, you need to see your primary care physician.
- The community setting requires **flexibility**. For example, your favorite chair may not be available. Some patients bring earplugs or an eye pillow to help them relax. We encourage you to take care of making yourself comfortable. Length of treatment will vary. If you want to be unpinned at a specific time, let us know. When you feel done, open your eyes and give us a meaningful look; otherwise we will let you rest.
- **Community-mindedness**. Our patients create a soothing atmosphere by relaxing together. Maintaining this rare collective stillness requires that no one talk very much in the clinic space. If you would like to speak to a practitioner one-on-one at any length, please let us know (we may need to schedule this separately.) Unfortunately, time does not allow us to explain what every point does, or how acupuncture works, while we are treating you. Please peruse the library in our waiting room for more information.

- **Are there other Community Acupuncture clinics?**

We are excited to be part of the CA movement that is spreading worldwide, with over 200 clinics across the U.S. We are proud members of the People's Organization of Community Acupuncture (POCA). You can become a patient member at www.pocacoop.com

Our Sliding Scale

Springs Community Acupuncture provides high quality acupuncture at affordable rates in a supportive community setting. Acupuncture is most effective when received frequently and regularly until the condition has resolved—once per week is usually the minimum required to make progress on any kind of health problem.

The purpose of our sliding scale is to separate the issues of money and treatment; we want you to come in often enough to get better and stay better! We do not ask for any sort of income verification. Please choose an amount that will allow you to get the amount of treatment that you need.

New Patient Visit:

\$25-\$45

(includes \$10 initial intake fee)

Return Patient Visit:

\$15-\$35

7 Punch Pass:

Pay for 6 treatments up front, and get the 7th free.

\$90-\$210

You decide what you can afford.