

## Fees and Office Policies

Acupuncture of Iowa, Inc.  
2412 Towncrest Drive, Iowa City, IA 52240  
319-341-0031



**Fees:** Listed are discounted rates for payments made at time of service.

Initial Evaluation for Treatment	\$50 - 125
Acupuncture Session up to 2 units	\$85
First session for Acupuncture Treatment w/ evaluation	\$135 - 210
Office Consultation	\$90/1 hour
Herbal or Nutrition Consultation	\$90/1hr and \$55/30min
Weight Loss Program-Weekly visits required	\$40.00 after intake

*Payment* is expected at the time services are rendered, unless other arrangements are made ahead of time. Cash, check or credit card is accepted. If paying with cash, please bring small bills and change.

If you have a flexible health spending account or medical savings account, contact your HR or Benefits Office for reimbursement instructions. Let us know what kind of documentation is required, and we will be happy to provide it.

*Some health care insurance plans offer coverage for acupuncture services.* You should call them to verify your coverage. Let us know if you are a participant in such a plan. We will supply documentation for you to submit to your insurance for reimbursement by them for your out-of-pocket payment if needed. We may also be able to bill them directly depending on your plan. In the event of a personal injury case, let us know at the first visit. If you are covered as a result of an injury, please inform the receptionist at your first visit. Releases of information and other special arrangements will be made when treatment is begun.

*We have a 24-hour cancellation policy.* Our schedule is usually full, and we make a commitment to be available for your visit. Missed appointments are a loss for us, and an inconvenience for other patients who are eager to get an appointment. Unlike other healthcare practices which schedule multiple patients per *hour*, we each only treat up to 10 persons per *day*. Thus, we must be attentive to our time commitments and availability. We will bill you for your missed appointment unless we have at least 24 hours notice. We will not bill you if the cancellation is due to illness, dangerous weather or other emergency.

*To reach us by phone*, please call the office (319-341-0031) any time day or night and leave a message. If we haven't returned your call after a day, please call again. **In an emergency** do not hesitate to call Laura Christensen's home number after work hours (319) 354-6052 or 319-400-4854.

*Thank you very much for your patronage.* Please refer your friends and family if you believe that our services might be of assistance to them.

## Statement of Purpose:

My purpose in the practice of acupuncture and traditional Chinese medicine is to enable my patients to develop attitudes of responsibility for their health, to reduce their pain and suffering, and thereby to contribute to their quality of life and self-actualization.

## Treatment Goals for an average patient:

1. Thoroughly review and evaluate current health strengths and weaknesses including:
  - a. symptoms and signs at present
  - b. level of impairment and limitation of functioning
  - c. contribution of stress and psychosocial factors to present problems
  - d. current nutritional status and nutritional interventions
  - e. current other therapies and medications, and results of prior treatment
2. Develop a comprehensive treatment plan utilizing (when appropriate):
  - a. acupuncture and massage for pain
  - b. stress management skills
  - c. traditional Chinese herbal care
  - d. nutritional supplementation (dietary therapies according to the principles of Chinese medicine).
  - e. exercise and lifestyle recommendations
3. Engage the patient in treatment to the extent that they are willing and able to comply, in order to gain the maximum benefit from care.
4. See measurable improvement in the areas of:
  - a. symptoms and signs
  - b. life functioning
  - c. stress and emotional wellness
  - d. quality of life in relationships, family, and career areas
5. Assist patients in achieving a level of improvement and self-responsibility such that they make only monthly or less frequent follow-up visits for care, or find another suitable health management plan.
6. Make referrals to other healthcare practitioners as deemed appropriate.
7. Work cooperatively with other healthcare practitioners in order to enhance outcomes.