

# Welcome to Our Community!

Please take a minute to read this introduction to our clinic and to our community. We are delighted that you are interested in joining us!

## *What is different about the GMCA clinic?*

### ● We treat in a community setting -

Most US acupuncturists treat patients on tables in individual cubicles. This is not traditional in Asia, where acupuncture usually occurs in a community setting. In our clinic we primarily use recliners, clustered in groups in a large, quiet, soothing space. Treating patients in a community setting has many benefits: it's easy for friends and family members to come in for treatment together; many patients find it comforting; and a collective healing environment becomes established which actually makes individual treatments more powerful. In some styles of acupuncture, the needles are removed after only a few minutes or after a half hour at most. The style of acupuncture we practice at GMCA allows patients to keep their needles in as long as they want, and the "right" amount of time varies from patient to patient. Most people learn after a few treatments when they feel "done"; this can take from twenty minutes to a couple of hours! Many people fall asleep, and wake feeling refreshed.

### ● We have a sliding scale -

Most US acupuncturists also see only one patient per hour and charge \$65 to \$175 per treatment. They tend to spend a long time talking with each patient, going over medical records, asking many questions. We don't. The only way that we at GMCA can make acupuncture affordable and still make a living ourselves is to streamline our treatments and see multiple patients in an hour, so we have returned to the traditional approach; instead of asking you lots of questions, we rely on pulse diagnosis to decide how to treat you. This is exactly how acupuncture is practiced traditionally in Asia -- many patients per hour and very little talking.

Please see the enclosed form that explains our sliding scale. Because we have a sliding scale, we cannot do insurance billing (that's the insurance companies' rule). If you have insurance that covers acupuncture, we'll be happy to give you a payment receipt, and you can submit it; that's OK with the insurance companies.

## *Our Commitment to You*

We want to make it possible for you to receive acupuncture regularly enough and long enough to get better and stay better. We want our community to be welcoming to all different kinds of people. We want to give you the tools to take care of your own health to avoid costly, high-tech interventions. We will provide a safe environment with skilled practitioners.

## *What We Need From You*

### ◆ Responsibility

GMCA does not provide primary care medicine! Acupuncture is a wonderful complement to Western medicine, but it is not a substitute for it. If you think you have a problem that is not "garden variety" (meaning, you are

worried that you might have a serious infection, a malignant growth, or an injury that won't heal), or if you want someone knowledgeable to go over the details of your medical history with you, you need to see a primary care physician (MD, or DO). We can provide some excellent, affordable referrals, even if you have no insurance coverage. But you cannot expect us to diagnose and treat something really serious. We *can* provide complimentary care for conditions which require a physician's attention -- for instance, we often treat patients for the side effects of chemotherapy. But we need you to take responsibility for your own health.

GMCA does not receive grants, state or federal money, or insurance reimbursement. GMCA exists because patients pay for their treatments – it is a sustainable community business model.

### ◆ Flexibility

The community setting requires some flexibility from you. For instance, many patients have a favorite recliner. When we are busy, someone may be sitting in yours. Similarly, we have a few patients who snore. Other patients who dislike snoring bring earplugs to their treatments. We are grateful for this! Some of our patients even bring favorite pillows or blankets from home with them, because they prefer theirs to ours. That's fine with us. Basically, we need you to participate in making yourself comfortable in the community room before we arrive to treat you.

In terms of how long you want to stay – let us know, when you check in, if you need to be somewhere at a certain time! If you want to be un-pinned at a specific time, make a note and give it to the acupuncturist. We'll make sure you're out on time. In general, if you feel done, open your eyes and give us a meaningful look -- if your eyes are closed, we think you're asleep and we won't wake you up.

### ◆ Community-Mindedness

The soothing atmosphere in our clinic exists because all of our patients create it by relaxing together. We appreciate everyone's presence! This kind of collective stillness is a rare and precious thing in our rushed and busy society. Maintaining this reservoir of calm 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. If you want to have a substantial conversation, we will probably need to schedule that separately and might need to do it by phone.

If you have questions about acupuncture and how it works, we are more than happy to provide you with sources for more information. Unfortunately, we can't explain what every point does, or how acupuncture works, while we are treating you -- these are very large topics! If you have questions, we'll happily give you plenty to read!

### ◆ A Little Help Running the Clinic

Re-scheduling and making payment happens at the front desk BEFORE each treatment, so you can relax and enjoy treatment. Our mission is to serve as many people as we can in the community at prices they can afford, which means we need to keep costs down wherever possible. Therefore, we do not have a receptionist, but rather use what's known as an Invisible Receptionist. Basically, this means that we give you all the tools necessary to handle the main things a receptionist usually does: payment and re-scheduling.

It works like this:

On the desk near the entrance you'll see a little box full of red laminated envelopes, as well as a few forms, pens, a notepad, etc. When you walk in, grab an envelope and write your name on it with one of those dry erase markers. Payment goes in the envelope, and the whole thing gets put in the gray box on the wall with the slot in the top. We take cash, check, major credit cards, silver, Bitcoin, etc. and are always interested in barter proposals, but we don't

get many of the non-traditional payment methods. Of the traditional cash/check/credit options, cash and check are preferred, since we don't get charged any extra fees to accept them, but please don't hesitate to use a card if that is the best option for you! For payment by credit card, we have a form next to the envelopes that you fill out your CC information on. Please make sure we have an email address on file for you if paying by CC, so we can email you the receipt as the transaction goes through.

If you need receipt, fill out one of the forms that say "Receipt" at the top (or pay with a credit card and it will be automatically emailed to you), and if you need it signed for tax purposes, just bring it with you to the chair and we'll sign it for you. If you need a receipt to send in for insurance reimbursement, let us know so we can put the proper codes on it for you. \*\*\*Please note that we do not keep detailed billing history, so if you need a receipt do it TODAY.\*\*\*

Scheduling is done online through our website at [fortmyerscommunityacupuncture.com](http://fortmyerscommunityacupuncture.com), the service is easy to use and frees up time for us to give more acupuncture treatments. If you'd prefer not schedule online, we totally understand. Just write when you'd like to come in next time on a note in your envelope with a few alternate times, and we'll call or email you to confirm what time we fit you in at.

Please take all personal belongings, (bags, shoes, etc.) with you back into the treatment room. And of course, please turn off your cell phone.

#### ◆ **Commitment**

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 could 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, rather than a single treatment, in order to get what they want from acupuncture.

One big reason that we are able to keep our prices so low is because of the extraordinary amount of marketing our patients do on our behalf -- we don't have to advertise. We cannot express how grateful we are for this. Our patients are such effective marketers because they have first-hand experience of how well acupuncture works. All of our satisfied patients basically made a commitment to a course of treatment.

On your first visit, your acupuncturist will suggest a course of treatment, which can be anything from "we'd like to see you once a week for six weeks" to "we'd really like to see you every day for the next four days". This suggestion is based on our experience with treating different kinds of conditions. If you don't come in often enough or long enough, acupuncture probably won't work for you. The purpose of our sliding scale is to help you make that commitment. If you have questions about how long it will take to see results, please ask us, or if you think you need to adjust your treatment plan, please let us know. We need you to commit to the process of treatment in order to get good results.

And, last, but not least...enjoy the space. We do, and hope that Good Medicine Community Acupuncture can be an important part of your community. Thank you,

**Good Medicine Community Acupuncture Staff**



# GOOD MEDICINE COMMUNITY ACUPUNCTURE

FORTMYERSCOMMUNITYACUPUNCTURE.COM

## Health History Questionnaire and Registration

PATIENT INFORMATION	CONTACT INFORMATION
Date _____ Name _____ Address _____ City State Zip _____ Age _____ Birth Date _____ Occupation _____ Company name _____ Primary physician _____ Physician phone number _____ How did you hear about us? _____ _____	Home phone _____ Work phone _____ Other/cell phone _____ Email _____  Another person we may contact if needed: Name _____ Relationship _____ Home phone _____ Work phone _____

HEALTH HISTORY	
What are your primary reasons for coming in for treatment? 1 _____ 2 _____ 3 _____  How is your sleep? _____ _____  How is your digestion? _____ _____  List medications or food supplements you are taking. _____ _____  List serious illnesses, accidents or surgeries. _____ _____  <b>Check illnesses that have occurred in blood relatives.</b> ___ Diabetes ___ <input type="checkbox"/> High blood pressure ___ <input type="checkbox"/> Stroke	Check symptoms you have or have had in the last year: <ul style="list-style-type: none"> <li><input type="checkbox"/> Depression</li> <li><input type="checkbox"/> Difficulty in focusing</li> <li><input type="checkbox"/> Dizziness</li> <li><input type="checkbox"/> Easily startled</li> <li><input type="checkbox"/> Excessive worry</li> <li><input type="checkbox"/> Excessive anger</li> <li><input type="checkbox"/> Excessive fear</li> <li><input type="checkbox"/> Fatigue/tiredness</li> <li><input type="checkbox"/> Headaches</li> <li><input type="checkbox"/> Loss of sleep/poor sleep</li> <li><input type="checkbox"/> Loss or gain of weight</li> <li><input type="checkbox"/> Nervousness/irritability</li> <li><input type="checkbox"/> Overwhelmed by life</li> </ul> Check conditions you have or have had in the past: <ul style="list-style-type: none"> <li><input type="checkbox"/> AIDS</li> <li><input type="checkbox"/> Allergies</li> <li><input type="checkbox"/> Anemia</li> <li><input type="checkbox"/> Arthritis</li> <li><input type="checkbox"/> Bleeding disorders</li> <li><input type="checkbox"/> Breast lump</li> <li><input type="checkbox"/> Cancer</li> <li><input type="checkbox"/> Diabetes</li> <li><input type="checkbox"/></li> </ul> How long has it been since you have had a complete

\_\_\_ Cancer \_\_\_ Heart disease \_\_\_  Kidney disease

medical exam? \_\_\_\_\_

**HEALTH HISTORY... (CONTINUED)**

Check symptoms you have or have had in the last year:

**MUSCLE/JOINT/BONES**

- Tremors or Cramps
- Swollen joints

Pain, weakness, numbness in:

- Arms or Hips
- Back or Legs
- Feet
- Neck
- Hands
- Shoulders
- Other \_\_\_\_\_

**EYES/EAR/NOSE/THROAT/RESPIRATORY**

- Asthma/wheezing
- Blurred or failing vision
- Difficulty breathing
- Earache
- Enlarged glands
- Eye pain
- Frequent colds
- Hay fever
- Hoarseness
- Gum trouble
- Nose bleeds
- Loss of hearing
- Persistent cough
- Ringing in ears
- Sinus problems

**SKIN**

- Boils
- Bruise easily
- Dry skin
- Itching/rash
- Sensitive skin
- Sore won't heal
- Sweats

**GENITO/URINARY**

- Blood/pus in urine
- Frequent urination
- Inability to control urine
- Kidney infection/stones
- Lowered libido

**CARDIOVASCULAR**

- Chest pain
- Hardening of arteries
- High or low blood pressure
- Pain over heart
- Poor circulation
- Previous heart attack
- Rapid/irregular heart beat
- Swelling of ankles

**GASTROINTESTINAL**

- Belching, gas or bloating
- Colon trouble
- Constipation
- Diarrhea
- Difficulty swallowing
- Distention of abdomen
- Excessive hunger
- Gall bladder trouble
- Hemorrhoids (piles)
- Indigestion
- Nausea
- Pain over stomach
- Poor appetite
- Vomiting

**IF APPLICABLE:**

- Erection difficulties
- Penis discharge
- Prostate trouble
- Bleeding between periods
- Clots in menses
- Excessive menstrual flow
- Extreme menstrual pain
- Irregular cycle
- Menopausal symptoms
- PMS
- Previous miscarriage
- Scanty menstrual flow

Could you be pregnant? \_\_\_\_\_

**SIGNATURE**

The information on this form is correct to the best of my knowledge.

Signature \_\_\_\_\_ Date \_\_\_\_\_