



Welcome to The Lightness of Being

Welcome to The Lightness of Being acupuncture clinic. We are delighted that you have chosen to include us in your health care journey.

To the best of our knowledge, acupuncture in a corporate setting, whether that corporation is only a few employees or a hundred, is rare in the United States. The fact that your employer offers this benefit speaks highly of their commitment to you as an employee.

Health care costs in America are sky-rocketing. Even though these acupuncture treatments and herbal and/or homeopathic remedies will come out of your pocket, over the long-run this will be cost-effective for you as you will find that your health concern will likely improve and quite possibly be eliminated completely. So, fewer visits to your doctor, fewer medications, and fewer medical procedures all translate into fewer co-pays and deductibles that you will never have to pay.

To effect a good working relationship, here are a few of our thoughts to help you understand what is involved in this—especially since your employer has chosen to make our visits together either bi-weekly or monthly.

- ✚ **Responsibility for your health care rests with you.** If you have a health concern, the place to start for answers is with your primary physician. Acupuncture in the US is considered a complementary health choice and we are more than happy to discuss your care with your physician, if you choose.
- ✚ **Acupuncture is a process.** It is rare for an acupuncturist to solve a problem in one session, especially if it is a health concern that has been bothering you for some time. We speak of courses of treatment rather than single treatments. For this reason, it is common to accompany acupuncture treatments with either herbal or homeopathic remedies to continue the work that acupuncture has set into motion. Please know that we are always reachable by phone if you have any concerns or questions. When in doubt, call. Otherwise, we'll assume that everything is going well.
- ✚ **Please come on time to your appointment.** If you are late, your appointment will still end at the scheduled time. If you do not show up for your appointment, you will still be charged for your appointment. If you are a new client, please complete the paperwork prior to coming to your appointment (*download the forms from our website www.thelightnessofbeing.us*) to avoid shortening our actual treatment time.
- ✚ **Payment is expected at the time of your appointment by either cash or check.** Unfortunately, we do not accept insurance. We can arrange to have you order your herbs directly from our supplier; however, we will need to review your changing condition at your next month's appointment. Herbs and homeopathic remedies are strong medicine and need to be taken responsibly.

✚ Please let us know if you are pregnant. Pregnancy is a delicate health condition that requires careful monitoring and we feel this cannot be done responsibly with month-to-month visits. While we can help you become pregnant and help with your health needs and the needs of your infant after you give birth, it is our choice not to treat pregnant women. Thank you for understanding.

We look forward to meeting you and working with you to resolve your health needs. Please let us know how we can serve you better.

In health,



The Lightness of Being
thelightnessofbeing.us

Please sign and date to indicate that you have read, understood, and agree to comply with the above points.

Signature: _____ Date: _____

Printed Name: _____