



WELCOME TO KINDRED COMMUNITY ACUPUNCTURE!

Please take some time to read through this introduction to our clinic and our community. You may complete the intake forms ahead of time and bring them with you to your first appointment. If you are not able to fill out the forms ahead of time, please plan to arrive about 15 minutes early for your appointment to fill out your paperwork at the clinic. We look forward to meeting you!

On the day of your first appointment...

- Please do not wear any perfume, cologne or scented lotions. Many of our patients are sensitive to smells.
- Plan to be at the clinic for about 90 minutes. Follow-up appointments may not take as long.
- Wear loose, comfortable clothing with sleeves that can be rolled up to the elbows and pants that can be rolled up to the knees.
- The treatment room has soft, soothing music playing, but you may bring earplugs or headphones if you prefer to listen to your own music.
- Please eat a little something beforehand. Acupuncture is not recommended on an empty stomach.
- Don't plan to engage in strenuous activity right after receiving acupuncture.

We are located in the Mills building at 545 Pawtucket Ave, Suite 104. There is ample free parking right out front.

Here are a few things we'd like you to know about getting treated at our clinic:

We treat in a community setting.

It's traditional in Asia for acupuncture to occur in a community setting. Treating patients this way has many benefits: it's easy for friends and family members to come in together; many patients find it comforting; and a collective energetic field becomes established which actually makes individual treatments more powerful.

We charge on a sliding scale.

We offer treatments on a sliding scale of \$15-\$35 with an additional one-time \$10 new patient fee on your first appointment. You simply decide what you can afford; there is never any need to prove your income.

Stay as long as you like.

Once your needles go in, you can rest here for as long as you like; this can range from 30 minutes to 3 or more hours. There's no "right" amount of time, and most patients learn what feels best after a treatment or two.

We won't disturb you if your eyes are closed, so whenever you feel done, just sit up in your chair or open your eyes. If you ever need to leave by a specific time, please tell us so we can pull your needles on time.

Acupuncture is a process.

It is very rare for any acupuncturist to be able to resolve a problem with one treatment. Frequent treatment is much more likely to lead to relief. At your first visit, your acupuncturist will recommend a treatment plan. If you don't come in often enough or for enough treatments, acupuncture might not work as well for you.

Acupuncture is not primary care.

Like any form of medicine, acupuncture has its limitations. If you have a serious health issue such as a prolonged 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 an MD.

We are a sustainable community business model.

This means we exist because patients pay for their treatments. We do not receive grants, government funding, or insurance reimbursement. We are very grateful for the extraordinary amount of marketing our patients do on our behalf – because we don't have to advertise, we are able to keep our prices low for everyone.

Cancellation Policy

All appointments that are cancelled or rescheduled with less than 24 hours advance notice, and all appointments missed without notice, will be charged a \$15 fee.

We're glad you're here.

We hope you enjoy the clinic as much as we do. Please make yourself comfortable – if that means you need to bring earplugs or headphones, or a pillow from home, that's fine with us. Part of our success is that patients learn the "routine" and are respectful of the community space. And of course, please turn off your cell phone.

Kindred Community Acupuncture

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