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Patient Information

Best Results: Please schedule your activities so that you do not come into treatment with a full or empty stomach, just after sexual activity, or when extremely tired. After treatment, take it easy and assimilate the effect of the treatment for a few hours, if possible. At the least do your best not to be “very busy” and/or strenuously exerting. Wait at least an hour to eat a full meal. While undergoing acupuncture treatment, you will benefit most by refraining from excessive use of caffeine, cigarettes, alcohol and other drugs so that you can optimize your body’s ability to regain balance.

Punctuality: Please be on time or you will not get the full benefit of your session. Use the side entrance – I will be waiting for you in my office.

Payment: Payment is expected at time of visit. If your visits are covered by insurance, my office will submit your insurance claims for you. I am a preferred provider for Aetna, Premera, Lifewise, Cigna, First Choice insurance. Auto accident insurance is also accepted. We will verify your coverage and I will make every attempt to inform you of your benefits and potential concerns. However, **it is your responsibility to understand your benefits.** (Deductible, co-pays, limitations of coverage, the number of visits, etc.) Please call before your first treatment to check your benefits.

You will receive a bill for any unmet deductibles, co-pays, and any allowable charges not covered by your insurance. Payment of bills is due upon receipt. Co-pays are due at time of service. I accept cash and checks.

Cancellations: If you must cancel your appointment, please give as much notice as possible (at least 24 hours). This will allow your time to be used by another client.

Medical History: The medical history form, consent form, insurance information and privacy statement must be filled out before your first visit. If it is not, there will be less time for your visit.

Medical Records: If you would like us to release your records to a physician, hospital or attorney, etc. I need to have a written release from you. I charge \$10.00 for copying your records.

Your Health Care: I believe that working in concert and having communication with your other health care practitioners is the best way to form a supportive web for your health care needs and goals. Please provide me with the contact information of your health care practitioners and complete information regarding current treatments and medications if that would be helpful for you.

Working Together: It is very helpful if you notice and jot down any reaction and/or change that you

might experience after your treatment. Some examples are...feeling more or less energy, feeling warmer or cooler, less pain or differently located pain, etc. Since there is definitely a mind/body connection, any emotional/ mental changes or awareness will be relevant and interesting to me as well.