

**Joyce Greenberg L.Ac.
Acupuncturist
10216 63rd Ave. S.
Seattle, WA 98178
206.760.4828**

Patient Information For New Clients

For best results: Please **do not** come to an appointment having just eaten, or on an empty stomach, or when extremely tired. It is ideal to have your treatment at a time when you have several hours to relax afterwards. Do your best not to be "very busy" or have something strenuously planned after a treatment. Wait at least an hour to eat a full meal. You will benefit the most from your acupuncture treatments if you refrain from excessive use of caffeine, cigarettes, alcohol and other drugs. This optimizes your body's ability to heal and regain balance.

What to wear: Most acupuncture treatments can be done fully clothed, but it can be helpful if you wear loose, comfortable clothing. For some situations it is helpful to bring a pair of shorts.

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, Uniform, 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.

Punctuality: Please be on time so you will get the full benefit of your session.

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.

Working together: It is very helpful to me if you notice and write down any reaction and/or change that you experience after your treatment. Some examples are...feeling more or less energy, feeling warmer or cooler, less pain or a change in pain location. Note any emotional/ mental changes or awareness. Bring your notes to your appointments. Feel free to call me with any questions or concerns.

I look forward to working with you!

In health,

Joyce Greenberg L.Ac.
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