

## **Welcome**

It is our intention that you receive affordable, compassionate, holistic health care to enhance your body's natural healing process. Although acupuncture treatments are tailored to the individual and depend upon a person's constitution, there are some general things you can expect. If your health issue is acute, or just started, you can expect to respond to treatment rather quickly. If your issue is chronic or repetitive in nature, it will take longer to alleviate. *This is normal for natural healing.* In general, 5-20 treatments will resolve many issues. Once your health has improved, many schedule monthly or quarterly treatments help to maintain wellness.

Acupuncture is more effective when it is done frequently and regularly. To help you to be able to receive the treatments you need, you may decide what to pay between \$15 - \$40 per treatment. For the first treatment add an extra \$10. The range of fees is there to make it financially easier for you to get affordable care to help you become healthy and stay healthy. We can take cash or a check but not a debit or credit card.

Attached is a health history. Please fill it out in pen and bring it to your first appointment. On the day of your treatment, please wear clothing you can pull up to your knees and elbows. It is also important not to have an empty stomach when you get acupuncture, so be sure not to skip meals the day of your appointment. Also, please don't wear perfume, after-shave, essential oils or other highly scented products. It can trigger migraines and environmental sensitivities in others.

If you need to cancel or reschedule, please do so 24 hours before your appointment so that others may receive treatment. Thank you.

Peace & Health,

Ann Mongeau, L. Ac, RN

## **About Mongeau Acupuncture LLC**

Please take a minute to read about the acupuncture you will receive here...it might be a little different from what you've experienced before.

*What is different:*

1. I offer treatment in a community setting

Acupuncture in Asia usually occurs in a community setting/in a group. Here I use reclining chairs in a quiet, soothing space. Treating you in a community setting has many benefits: It's easy for friends and family members to come in for treatment together, Many people find it comforting, It feels good to relax and heal with other people – many say it's like group meditation.

2. I use a community fee schedule

## **Mongeau Acupuncture LLC**

2150 Third Ave N. Suite 350 Anoka, MN 55303  
763. 300. 9811 www.nwtwincitiesacupuncture.com

Most U.S. acupuncturists see only one patient per hour and charge \$50 to \$175 per treatment. Most people cannot afford to pay that much. We make acupuncture affordable for you by treating more than one person at the same time for lower prices. This also requires a higher volume of people coming in for treatment so if you are pleased with your results, we do appreciate referrals! Word of mouth is really the only advertising that works. Thank you!

Treatments are \$15 - \$40 with an extra \$10 added the first visit (first visit \$25-\$50). You pay what you are comfortable with. Because of the numerous policies insurance agencies have regarding fee scales, I do not bill insurance companies. However, if you have insurance that covers acupuncture you may make out a receipt and bring it to the chair for me to initial. You can submit this to your insurance company. They will generally accept that.

*What I can offer you:*

I want to make it possible for you to receive acupuncture regularly enough and long enough to get better and stay better. I offer you affordable treatments in a peaceful and relaxing environment.

Peace and Health,

Ann Mongeau, L. Ac, RN

## **Notice of Privacy Policies**

For us to disclose health information about you using your name or other information that would identify you, you must sign a written release:

- 1) Specifying to whom and under what conditions your written medical record can be released.
- 2) For us to speak with another health care provider about your case using your name.
- 3) For us to discuss your health with members of your family.

We may discuss your case while not using your name or any information that would identify you as an individual with other health care providers or as an example in a teaching situation.

We will put confidentiality notices on all faxes and e-mails that pertain to specific information which identifies an individual.

You must sign a form giving consent to treatment and the use of healthcare operations (use of needles, electrical stimulation, gua sha, cupping, heat lamp, topical herbs, etc.)

We will be glad to answer questions about this policy.

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### **Invisible Receptionist**

You will find a desk in the waiting room with a schedule book and 2 maroon boxes. Find the envelope with your name on it in one box, put your payment in it, do not seal it (I reuse them) and put it in the payment box.

Schedule your appointments in the schedule book. Use pencil, please. Things change! You can fill out a return appointment card found on the desk. Together we will develop a treatment plan for frequency of returns. After the first visit, it works best for you to pay and schedule before treatment.

If you forgot your checkbook or need to leave a note about payment, write it on the notepad near the schedule book and include it in your payment envelope. You may write a check for more than one treatment. Indicate on the "for" line how many treatments you are paying for.

If you need a receipt for your visit, fill out a blank receipt (near the schedule book) and bring it into the treatment room where Ann will initial it.

Hang your coat on the coat rack. Let Ann know you are there and then find a chair in either room, put shoes and socks in the black plastic basket near the chair, purse/belongings on top of the shoes, pull up clothes to elbows and knees and recline back.

Peace and Health,

Ann Mongeau, L. Ac, RN