



The Health Institute of Hampstead  
16150 US-17 Suite D Hampstead, NC 28443  
Ph: 910-821-5095  
[www.THIOH.com](http://www.THIOH.com)

## GETTING STARTED WITH COMMUNITY ACUPUNCTURE

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Our mission at The Health Institute of Hampstead is to provide high-quality, affordable holistic services to Hampstead and the surrounding areas. Please take a moment to read through this important information so you can get a sense of what to expect in a Community Acupuncture setting.

### **What it means to be treated in a community setting**

Patients are treated individually while relaxing in zero gravity chairs in the same room together. Similar to a yoga or exercise class, or a library in which many people are intently studying, the presence of other patients enhances the effect of a quiet, peaceful healing environment. All patients remain fully clothed since treatments use acupuncture points on the head, arms, legs, and feet. On average, treatments last about 45 minutes. The time depends on several factors, including your personal preference for how long you want to relax with the needles. Please note all needles are pulled 45 minutes after the last treatment of the day begins.

### **We have a fixed fee treatment program**

We like simple, and so costs are fixed and easily understood. \$30 per person or \$25 for military, veterans and senior citizens. Packages are also available for purchase for additional treatment needs and cost savings.

### **We Do Not Bill Health Insurance**

Payment is due at the time of service. We accept Cash, Credit / Debit Cards and most HSA / FSA cards. If you need a receipt please ask for one at the time of your treatment.

### **THIOH does not provide Primary Care medicine**

Acupuncture compliments Western medicine well. In practicing complementary medicine, THIOH seeks to support rather than replace the care of your existing physician or therapist. If you have a serious medical condition, or if you need someone to go over the details of your medical history or lab tests, you will need to consult with a primary care physician (MD, DO, or ND). We can provide complementary care for conditions which also require a physician's attention such as treating the side effects of chemotherapy, Lyme disease, Hepatitis, etc.

### **Community-Mindedness**

The calming environment of our practices exists because all of our patients create it by relaxing quietly together. Part of our success is that our patients learn the "routine" and take on some responsibility for their appointments.

- Please arrive 15 minutes early so you can be ready in your chair by your appointment time.
- Please pay at the front desk before the start of your appointment.
- Please talk in hushed tones once you enter the clinic space.
- Please wear loose clothing, and roll up your sleeves and pant legs; avoid heavy perfumes and sprays.
- Please silence all wireless devices before entering the clinic.



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### **Flexibility**

The community setting requires some flexibility. For instance, many people may have a favorite chair that they prefer. When we are busy, someone may be sitting there. Similarly, we may have a few patients who snore. Other patients who dislike snoring bring earplugs or their own music to their treatments. Some of our patients may also choose to bring favorite pillows or blankets. If you need to be somewhere at a certain time, please let your acupuncturist know. We will try our best to make sure you are out on time.

### **Commitment: Acupuncture is a PROCESS**

The benefits of acupuncture are cumulative, so more than one treatment is necessary. For acute conditions you can expect to have 6 to 10 treatments, but you will usually begin to feel relief after just the first few. Chronic conditions may take longer to respond, depending on the type, severity, and duration of the condition. THIOH's low cost per treatment helps patients better afford more frequent return visits. Treatments for general well-being and prevention may also be scheduled on an as-needed basis. On your first visit, your acupuncturist will suggest a course of treatment, which can be anything from "we'd like to see you once a week for six weeks" to "we'd really like to see you every day for the next four days." If you have questions about how long it will take to see results, please ask us, or if you think you need to adjust your treatment plan, please let us know. Thank you for taking the time to learn about our community acupuncture program. We are grateful to be able to hold this space, and we hope you enjoy it as much as we do.

You have taken an important step on the road to more vibrant health. We look forward to serving you.

Peace and Light,

THIOH & Friends