



**BETTY SHUFORD**  
Licensed Acupuncturist  
herbal medicine | auricular therapy | cupping

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## Welcome!

**Please take the time to read this letter in its entirety as well as all information and instructions on the Health Questionnaire Form. It should help you prepare for your appointments with our office and answer any questions you might have!**

I would like to take this opportunity to personally thank you for scheduling an appointment with Pine Street Acupuncture. I look forward to meeting with you and taking care of your wellness needs. Please feel free to contact me for additional assistance. I will gladly assist you in every way possible.

### **Preparing for your Acupuncture Treatments**

A few tips for making your first and followup acupuncture treatments as comfortable and relaxing as possible:

- Be on time for your appointment so you can relax and enjoy! You're welcome to arrive early to sit and relax in our waiting room. Another client may be resting in the treatment room so we ask that you refrain from speaking on your mobile phone.
- Avoid wearing strong scents and perfumes.
- Your treatments will take place on a massage table with you under the sheets for appropriate warmth and coverage. Some clients choose to disrobe to their undergarments, others wear loose fitting clothing such as running shorts or items that can be easily rolled up above the elbows and knees.
- Be sure you have eaten at least a light meal within a few hours prior to arriving. Avoid overeating immediately before treatment. Being over hungry increases the risk of nausea or dizziness.
- Drink plenty of water and stay hydrated after your appointment.
- For best results, avoid strenuous activity immediately following a treatment. Set aside enough time so that you are not rushing to and from your visit. Physical strain immediately before or after acupuncture can weaken your body. Please schedule your activities on the day of your visit accordingly (for example, do not schedule your appointment for an hour before your 2 hour kickboxing class).

During the intake, you will be asked many questions, some related specifically to your complaint and others seemingly unrelated. Oriental Medicine requires the entire person be taken into consideration so we can determine what is causing the condition or disease. We treat the whole person, not just the symptom.

### **Payment**

Payment is due at time of service by cash, personal check, or debit/credit card.

### **Insurance**

I do not bill insurance claims on your behalf. However, upon request I will provide you with a superbill to submit to your insurance for reimbursement. It is your responsibility to check with your insurance provider to be sure that acupuncture services are covered and for what amounts they will reimburse. I encourage you to ask if a doctor's referral is necessary and if your condition is recognized for reimbursement.