



HEALTH OFFERINGS, INC.

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WELCOME

Dear Prospective Patient,

Welcome to Health Offerings Inc. I am grateful to have the opportunity to assist you in your healing process and I look forward to meeting you in person and giving you acupuncture.

This welcome packet contains several forms that will give me a lot of information about you. All the information you chose to give will help you get the most benefit from your treatments. In the personal history form, there is a section that is unique to Traditional Chinese Medicine (TCM) that contains a categorized list of observable signs and symptoms. You will see symptoms listed more than once and labeled by TCM terms you may wonder about? Please reflect back approximately 3 months (a season) in your responses, as these remarks are most relevant for an acupuncturist and your TCM diagnosis. IF YOU CANNOT DOWNLOAD my intake forms, Please arrive 15 minutes early for your first scheduled appointment to fill the forms out at my office.

Before your visit, please be sure to eat a substantial snack or small meal and drink water. Acupuncture is energetic medicine and your first appointment is long so please do not come hungry. Though no special clothes need to be worn, a separate top and bottom (of clothing) is preferable. Many people come straight from work and chose to change into these clothes items upon leaving. I have plenty of sheets and towels and blankets to cover you as well so come as you are.

If you wish to schedule exercise, try to schedule your exercise before acupuncture to achieve the most benefit from your treatment.

It is quite common to go through other medical and/or integrative procedures during acupuncture care. Please mention the additional medical/integrative care you are receiving upon your initial consultation. This can help me to schedule your follow up acupuncture appointments for maximum progress and best results.

First time visits: At your first appointment we will spend 120 minutes (2 hours) to discuss your main complaint and reason for coming, as well as have an in-depth discussion together about your health history. You will have plenty of time to ask me questions. If you have lab results, physical exam results, medical imaging results, etc., please bring them if it's convenient. Next, I will observe your pulse and tongue to create a Traditional Chinese Medicine (TCM) diagnosis and individual TCM treatment plan. An acupuncture treatment will immediately follow your intake where you will get to relax between 15-30 minutes in a single, private treatment room.

Return visits: Whether you are making a return visit as part of your treatment plan, scheduling maintenance after your protocol, requesting a seasonal tune up, or are inquiring about chronic or acute care for something else, return visits will last 50-60 minutes. (for your scheduling purposes, please allow 1 hour) Return visits generally will consist of a shorter consultation about your progress since your last visit, time for any questions and further suggestions, review of new lab/reports, review of supplements/herbs, more pulse and tongue observation, and an acupuncture treatment for 20-40 minutes in a private treatment room.

Your individual TCM treatment plan will include one or more of the following: acupuncture, cupping, moxibustion, E-stim, auricular therapy, herbal medicine, diet & food therapy consultation(s). A treatment plan is a series of acupuncture visits to carry out the objectives of healing over a course of several weeks to several months depending on your response to treatment and your schedule. (I am not allowed by Virginia law to diagnose in western medical terms, however, I am interested in your western diagnosis if you have one or lack there of) I will use this TCM treatment plan as a guide for all your acupuncture treatments addressing your original main complaint.

If you receive herbal formulas or supplements, the cost of their purchase is separate from the cost of acupuncture treatments. I will always listen carefully to your comfort level regarding taking herbs and/or supplements. I will also choose NOT to use herbs even if you request them to avoid any herb/drug interactions if caution is warranted. Prices of herbal formulas and supplements vary. Herbs are generally given in 2-week doses. Health Offerings, Inc. has a virtual dispensary for established patients for herbal and supplement purchases as well as refills. Health Offerings accepts cash, checks, debit or credit card and some *HSA credit cards for payments. *Please check with your employer/corporation. Gift Certificates are available upon request.

Please silence your cell phone in the waiting room and treatment rooms. Should you need to use your cell phone during your visit, notify a staff member first.

If you are pregnant, wear a pacemaker, or any blood borne diseases, or allergies, please inform me before your treatment begins. If a prescribed medicine has been switched, stopped, increased/decreased within a week of any acupuncture visit, kindly notify me of the change in medicine(s).

Please refrain from wearing heavily scented lotions or perfumes as some scents can affect other patients.

Health Offerings, Inc. is located inside the offices of Back in Action Health Resource Center 4911 Augusta Avenue Richmond, VA 23230, near Willow Lawn.

It is my goal to listen to you carefully, treat you with respect and compassion, make sure that your questions are answered, your phone calls are returned promptly, and make sure your health information is always kept secure and confidential.

I like to say the spirit loves the body and the body wants to be healthy, thus we can return to balance.

See you soon.

Lisa C. Smith, L.Ac., DOM
Health Offerings, Inc.
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