



Welcome to our community!

At Berkeley Acupuncture Project, we do things a little differently. Please take a moment to read through this important information so you can get a sense of what to expect.

What's Different About Berkeley Acupuncture Project?

- **We treat in a community setting**

Our clinic is filled with comfortable recliners situated in a large, quiet, soothing space. Treating patients in a community setting has many benefits: it's easy for friends and family to come in for treatment together; many patients find it comforting; and a collective energetic field becomes established which makes individual treatments more powerful. The style of acupuncture we practice at BAP allows patients to keep their needles in as long as they need, and the "right" amount of time varies from patient to patient. Most people learn after a few treatments when they feel "done"; anywhere between 20-60 minutes — or more! During very busy times, we may wake you after 45-60 minutes to accommodate everybody.

- **We have a sliding scale of \$18-40. You decide what you can afford to pay.**

Our sliding scale for a treatment is from \$18 to \$40 – **you** decide what you can pay within that scale. We will NEVER ask you for any personal financial information nor suggest to you what you should pay within our sliding scale. It is completely up to you. First Visits to our clinic include a \$12 intake fee to cover the administrative costs associated with inputting your data into our system. That means that the very first time you come in for a treatment, you will pay a minimum of \$30 for your treatment. All subsequent visits to BAP fall within our sliding scale of \$18-\$40. BAP does not receive grants, state or federal money, or insurance reimbursement. Payment is due at the time of your visit. Because we have a sliding scale, we cannot bill insurance (that's the insurance companies' rule). If you need a receipt, please ask for one at the time of your treatment. **BAP does not provide end-of-year receipts for your taxes.**

Our Commitment to You

We want to make it possible for you to receive acupuncture regularly enough and long enough to get better and stay better. We want to give you the tools to take care of your own health so that you will not need to rely on Big Insurance or Big Pharmaceuticals for costly, high-tech interventions. We are deeply committed to sustainability at every level of our practice and are proud to run a green business. We strive to make our space welcoming to all different kinds of people. And we promise to provide a safe environment with skilled, compassionate practitioners.

What We Need From You

- **Responsibility**

BAP does not provide primary care medicine. Acupuncture is a wonderful complement to Western medicine, but it is not a substitute for it. If you think you might have a serious medical problem, or if you want someone to go over the details of your medical history or lab tests, you need to see a primary care physician (ND, MD, or DO). We can provide complementary care for conditions which also require a physician's attention; for instance, we often treat patients for the side effects of chemotherapy, Lyme disease, Hepatitis, etc., but we need you to take responsibility for your own health.

• **Community-Mindedness**

The soothing atmosphere in our clinic exists because all of our patients create it by relaxing quietly together. We appreciate everyone's presence! This kind of collective stillness is a rare and precious thing in our rushed and busy society. Part of our success is that our patients learn the "routine" and take on a lot of responsibility for their appointments.

- Please arrive early so you can be ready in your chair by your appointment time.
- Please pay at the front desk BEFORE your appointment.
- Please refrain from wearing perfume or scented lotions, hair products, etc.
- Please talk in hushed tones once you enter the clinic space.
- Please wear loose clothing, and roll up your sleeves and pant legs.
- Please place all personal belongings (bags, shoes, etc.) into the basket behind your chair.
- Please return your pillow and refolded blanket to the cabinet after your treatment.
- And, of course, **please turn off your cell phone** before you enter the clinic.

• **Flexibility**

The community setting requires some flexibility from you. For instance, many people have a favorite recliner that they prefer to sit in. When we are busy, someone may be sitting in yours. Similarly, we have a few patients who snore. Other patients who dislike snoring bring earplugs or their own music to their treatments. Some of our patients even bring favorite pillows or blankets from home with them because they prefer theirs to ours. Basically, we need you to participate in making yourself comfortable in the community room before we treat you. If you need to be somewhere at a certain time, please let your practitioner know. We'll try our best to make sure you're out on time. Also, we work as a team. While many people find they prefer to work with one or two practitioners, we encourage you to remain flexible should our schedule change at the last minute and during vacation times. We all have access to your records, we all have the same training, and we all share the same love of both BAP and this incredible medicine. The most important thing is that you come in and get treated!

• **Commitment**

Acupuncture is a PROCESS. It is very rare for any acupuncturist to be able to resolve a problem with one treatment. In China, a typical treatment protocol for a chronic condition could be acupuncture every other day for three months! Most of our patients don't need that much acupuncture, but virtually every patient requires a course of treatments rather than a single treatment in order to get what they want from acupuncture. 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." This suggestion is based on our experience with treating many different kinds of conditions. If you don't come in often enough or for long enough, acupuncture probably won't work as well for you as it could. The purpose of our sliding scale is to help you make that commitment. 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.

Thanks for taking the time to learn about our amazing community. We are so grateful to be able to hold this space, and we hope you enjoy it as much as we do. We truly look forward to having Berkeley Acupuncture Project become an important part of your community.

With much love and gratitude,

Berkeley Acupuncture Project Practitioners and Staff