

11 THINGS YOU NEED TO KNOW BEFORE YOUR 1ST ACUPUNCTURE APPOINTMENT

1. Wear loose clothes

- Wear sleeves that can be rolled up to the elbows and pants that can be rolled up to the knees.
- Clothing that isn't loose enough to roll up will prevent the practitioner from accessing some points.

2. Do not wear any perfume, cologne, oils or scented lotions

- Many of our patients are allergic or sensitive to smells.

3. Complete required paperwork

- Arrive 15 minutes early or
- Fill out your paperwork before your appointment and bring it with you. [Get forms here.](#)

4. Show up on time... A few minutes early is even better!

- Or 15 minutes early, if you have not completed the paperwork for your first appointment
- We schedule appointments 10 minutes apart (20 minutes apart for new patients)
- We really want you to have enough time for the ultimate healing experience while not creating a delay for the patients that follow. The pace of the schedule begins to fall apart when one or more clients arrive late.
- We are doing our best to see you close to the time of your appointment and not keep you waiting. Occasionally a practitioner will run behind while caring for an unexpected need for you or another patient. We work hard to stay on time and your patience and cooperation is deeply appreciated!

5. Plan to be at the clinic for 60-90 minutes

- Follow up treatments will not take as long as your first session.
- Feel free to come early or stay late and have a cup of tea!

6. Community Setting

- There will be up to 5 other people getting treated at the same time, in the same room.
- The acupuncturist is taking care of those who are already in the room as well as those who will enter after your treatment begins and may need to step away from you briefly as your treatment begins and ends.

7. Making yourself comfortable

- Bring whatever you need from home to make yourself comfortable during treatment.
- Items such as earplugs or relaxing music (through headphones) may be especially helpful if snoring or other community sounds are prone to disturb you.

8. Eat a light meal or sensible snack before treatment

9. Cancellations

- Please be aware that we require 24 hours notice for cancellations.
- There is a \$20-\$50 (Pay-What-You-Can) fee for cancellations made within 24 hrs or missed appointments.

10. Payment & Insurance

- Pay-What-You-Can between \$20 - \$50 plus an additional \$15 one-time consultation fee for your first visit.
- Because we have a sliding scale, we cannot do insurance billing (that's the insurance companies' rule). We'll be happy to give you a receipt that you can submit for reimbursement.

11. Where is Common Ground?

- Common Ground is located in downtown Charlottesville in the Jefferson School City Center, 233 4th Street, NW. Our office is on the 2nd floor on the side furthest from the parking lot.

IT TRULY TAKES THE COMMUNITY TO MAKE COMMUNITY ACUPUNCTURE WORK!

THANK YOU FOR YOUR PART!!