

## Welcome

It is my intention that you receive compassionate, holistic health care to enhance your body's natural healing process. Although acupuncture treatments are tailored to the individual and depend upon a person's constitution, there are some general things you can expect. If your health issue is acute, or just started, you can expect to respond to treatment rather quickly. If your issue is chronic or repetitive in nature, it will take longer to alleviate. *This is normal for natural healing.* In general, 5-20 treatments will resolve many issues. Once your health has improved, many schedule monthly or quarterly treatments help to maintain wellness. Others wait until a problem develops to return.

Acupuncture is more effective when it is done frequently and regularly. To help you to be able to receive the treatments you need, you may decide what to invest between \$15 - \$50 per treatment. The range is there to make it easier for you to become healthy and stay healthy. I can take cash or a check but not a debit or credit card.

Attached is a health history. Please fill it out in pen and bring it to your first appointment. On the day of your treatment, please wear clothing you can pull up to your knees and elbows. It is also important not to have an empty stomach when you get acupuncture, so be sure not to skip meals the day of your appointment. Also, please don't wear perfume, after-shave, essential oils or other highly scented products. It can trigger migraines and environmental sensitivities in others.

If you need to cancel or reschedule, please do so 24 hours before your appointment so that others may receive treatment. Please do not call the spiritual center for any information regarding acupuncture. Call 763-300-9811 for any information, to cancel or make appointments. You may text or e mail but the phone is usually easier unless it is just to cancel.

Peace & Health,

Ann Mongeau, L. Ac, RN

## About Mongeau Acupuncture LLC

Please take a minute to read about the acupuncture you will receive here...it might be a little different from what you've experienced before.

*What is different:*

1. I offer treatment in a community setting

Acupuncture in Asia usually occurs in a community setting/in a group. Here I use reclining chairs in a quiet, soothing space. Treating you in a community setting has many benefits: It's easy for friends and family members to come in for treatment together. Many people find it comforting. It feels good to relax and heal with other people – many say it's like group meditation.

2. You choose what to invest in your health

Most U.S. acupuncturists see only one patient per hour and charge \$70 to \$175 per treatment. Most people are unwilling to make that investment. I treat more than one person at the same time for lower prices. This also requires a higher volume of people coming in for treatment so if you are pleased with your results, I do appreciate referrals! Word of mouth is really the only advertising that works. Thank you!

## Mongeau Acupuncture LLC

Unity North Spiritual Center 11499 Martin St. NW, Coon Rapids, MN 55433  
763. 300. 9811 [www.nwtwincitiesacupuncture.com](http://www.nwtwincitiesacupuncture.com)

Treatments are \$15 - \$50. You invest what you are comfortable with. **I do not bill insurance companies. I cannot take worker comp cases.** They don't allow you to pay and then be reimbursed. If you have insurance that covers acupuncture you should call them first. I am not in provider networks and I don't bill insurance or do their paperwork. If they accept a receipt, you can make one out and submit this to your insurance company. If you are coming to acupuncture following **an accident that your car insurance might cover, be sure to find out if they will accept your receipts for reimbursement. I don't bill this type of insurance, either.**

*What I can offer you:*

I want to make it possible for you to receive acupuncture regularly enough and long enough to get better and stay better. I offer you a choice in investment and treatments that are in a peaceful and relaxing environment. You invest in your health and I do my best to facilitate your healing.

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Ann Mongeau, L. Ac, RN

## Notice of Privacy Policies

For us to disclose health information about you using your name or other information that would identify you, you must sign a written release:

- 1) Specifying to whom and under what conditions your written medical record can be released.
- 2) For me to speak with another health care provider about your case using your name.
- 3) For me to discuss your health with members of your family.

I may discuss your case while not using your name or any information that would identify you as an individual with other health care providers or as an example in a teaching situation.

I will put confidentiality notices on all faxes and e-mails that pertain to specific information which identifies an individual.

You must sign a form giving consent to treatment and the use of healthcare operations (use of needles, electrical stimulation, gua sha, cupping, heat lamp, topical herbs, etc.)

I will be glad to answer questions about this policy.

## Invisible Receptionist

You will find an area with a schedule book and 2 baskets. Find the envelope with your name on it in one basket, put your payment in it, do not seal it (I reuse them) and put it in the other basket.

Schedule your appointments in the schedule book. Use pencil, please. Things change! You can fill out a return appointment card found on the desk. Together we will develop a treatment plan for frequency of returns. It works best for you to pay and schedule before treatment.

If you forgot your checkbook or need to leave a note about payment, write it on the notepad near the schedule book and include it in your payment envelope. You may write a check for more than one treatment. Indicate on the "for" line how many treatments you are paying for.

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If you need a receipt for your visit, fill out a blank, initialed receipt near the schedule book.

Put your coat on one of the chairs or tables in the room. Chose an empty recliner, put shoes and any belongings in the basket under the chair, pull up clothes to elbows and knees and recline back.

Peace and Health,

Ann Mongeau, L. Ac, RN