

**Bridget Puchalsky L.Ac. M.T.C.M.**

Acupuncture ♦ Herbal Medicine ♦ Ayurveda ♦ Yoga

14107-H Winchester Boulevard, Los Gatos, CA 95032

email: [bpuchalskylac@gmail.com](mailto:bpuchalskylac@gmail.com) phone: 970.406.1704

California Acupuncture Board #15909 N.P.I. # 1477972735

**New Patient Information** and general guidelines regarding your appointments.

1. Please eat a moderate amount of food 1 to 1 1/2 hours before your appointment; this will help to increase the effectiveness of treatment.
2. Dress comfortably or wear loose clothing so that your arms and legs may be accessible. If we need to have your back or other areas that require the removal of clothes, we will drape you appropriately with a sheet.
3. Whenever possible, arrange your schedule so you do not have to rush away from the clinic.
4. Bring a list of any prescription medication.
5. If you are an insurance patient bring all current insurance cards.
6. Please tell us if you are uncomfortable with physical touch or with discussing certain activities or aspects of the body.
7. Herbal prescriptions are intended only for the person for whom they are prescribed. Please do not give your prescriptions to anyone else. Please be advised that herbs are on a case-by- case basis, so use them only during the time frame prescribed.
8. Feel free to ask any questions that may arise during your treatment. It is important that you feel informed and understand treatment with regards to your health care plan.

**Financial Policies:**

**Payment at time of Service Fee Schedule:**

Service	Fee at time of Service	Time
Initial Consultation & Treatment	\$150	90 minute
Acupuncture Follow up Treatment	\$110	60 minute
Royal Service Acupuncture & Ayurvedic Oil Massage	\$175	75 minute
Initial <b>Ayurvedic</b> appointment, herbal formulation & recommendations	\$175	75 minute
Follow up Ayurvedic Session, herbal formulation & recommendations	\$85	30 minute
Cupping a la carte	\$60	20 minute
Out of Office Calls Acupuncture Follow up Treatment	\$400	60 minute

ATTENTION BREATHE MEMBERS receive 10% off all individual Treatments

Los Gatos New Patient Package: \$425

- One initial Consultation with Acupuncture Treatment
- Three Follow up Acupuncture Sessions
- Four Sessions total for \$425 (\$450 value)

Los Gatos Acupuncture Packages

- 5 Follow up Acupuncture Sessions for \$475 (\$550 value)
- 10 Follow up Acupuncture Sessions for \$950 (\$1100 value)

Payment for Services Rendered: Payment is due at the time of service. As a small business cash & check is greatly appreciated, and credit cards (MasterCard and Visa) are also accepted. A \$25 service charge will be added for all returned checks.

For patients with insurance coverage, our office will bill insurance as a courtesy. All fees are responsibility of the patient. The following is our office fee schedule. These are the full rates and are not discounted. These rates are for services rendered that are billed to your insurance company. You will be required to either pay the full fee (if insurance verification is not done prior to appointment) or to pay an estimate of your payment percentage on the initial visit.

If your insurance is an in network plan then you will be required to pay all copayments for office visit at the time of service in cash or check. For in network patients: Landmark Healthcare, United Healthcare and Blue Shield patients will be responsible only for coinsurance, copay and deductibles. Please note that at the beginning of calendar year you may be required to pay estimates of services or full price for services until deductibles are met. Billing services upfront helps my small business avoid later collections and back billing, thank you for understanding. Payment and Patient responsibility will ultimately be determined by the EOB from the insurance company.

Office Fee Schedule		
Code	Description	Fee
99203	New Patient Exam Routine	\$154.00
99213	Re-exam Current Patient	\$83.00
97810 /97813	Acupuncture Treatment per unit	\$57.00 - \$61.00
97811 /97814	Acupuncture each additional 15 minutes	\$44.00 - 49.00
97140	Manual Therapy or Cupping Techniques per unit (1 unit)	\$43.00
97010	Hot or Cold Therapy	\$25.00
97026	Infrared Heat Therapy	\$35.00
97016	CUPPING Vasopneumatic per unit (1 unit)	\$35.00

**Cancellation Policy: In order to provide you with the best care, please arrive 10 minutes prior to your appointment. We require 24 hours' notice of cancellation or you may be charged a \$75 fee. Please remember that failure to appear for your appointment prevents others from receiving care.**

Disclosure statement: Bridget A Puchalsky received her degree at Five Branches University; she is a California Board Certified Licensed Chinese Medicine Practitioner #15909. She was trained in the recommendation and application of adjunctive therapies and herbal medicine. The National Certification Commission certifies her in Acupuncture and Oriental Medicine.

Our office is Health Insurance Portability and Accountability Act (HIPAA) compliant. Please see the attached Privacy Policy for more details on HIPAA.

*The greatest complement you can give our practice is to refer your friends and families for our health services. We appreciate the influence that your recommendation will have on others' healthcare choices.*