

Bridget Puchalsky L.Ac. M.T.C.M.
Acupuncture ♦ Herbal Medicine ♦ Ayurveda ♦ Yoga
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 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, and to support your healing process
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 me 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 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.

Non-insurance patients: the following Rates are discounted for payment at time of service. Meaning our office will NOT bill your insurance company but can provide you with a receipt called a "Super bill" for self submitting to your insurance company. Again these are discounted due to the prompt payment in full.

Service	Fee at time of Service	Approx. Duration
Initial Consultation & Treatment	\$145	60 minute
Acupuncture Follow up Treatment	\$90	55 minute
Royal Service Acupuncture & Ayurvedic Oil Massage	\$150 \$135 (student rate with id)	85 minute
Initial Ayurvedic appointment, herbal formulation & recommendations	\$150	85 minute
Follow up Ayurvedic Session, herbal formulation & recommendations	\$75	30 minute
Ayurvedic Oil Massage Sessions	\$95 \$130	55 minute 85 minute
Private Yoga Session	\$90 (single session) \$85 (ongoing sessions)	55 minute 55 minute

Santa Cruz New Patient Package: \$360

- One initial Consultation with Acupuncture Treatment
- Three Follow up Acupuncture Sessions

- Four Sessions total for \$360 (\$415 value with 13% savings)

Acupuncture Packages

- **5 Follow up Acupuncture Sessions for \$400 (\$450 value with 11% savings)**
- **10 Follow up Acupuncture Sessions for \$750 (\$900 value with 16% savings)**

Insurance Patients: 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. Your visits will be applied toward your yearly deductible and out of pocket expenses. Unless our office is an in-network provider with your insurance plan.

In Network:

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. Current plans are: Blue Cross, Blue Shield, Anthem Blue Cross, ASH Plans, ASH Groups, Landmark Healthcare.

Non-Covered Services: Typically insurance coverage is for office visits and **Acupuncture ONLY**. Your insurance will not cover additional services that may be recommended including **herbal consultation, nutritional consultation, vitamin and supplement consultation, and massage, Cupping, Gua Sha**. If these services are indicated to treat your condition and restore balance, the recommendation will be made for you to utilize these services at our fee at time of service rates with a discount applied as an acupuncture patient on the same day as acupuncture session.

Add On Services	Discounted Rate	Regular Rate
Cupping	\$25	\$60
Supplement Consult	\$35	\$75
Nutrition Consult	\$50	\$100
Massage	\$50	\$100

Medical Necessity: Your insurance company may require proof of Medical Necessity via our documentation and chart notes. Please be advised that due to this requirement the coordination and execution of your benefits may be impacted. Typically the first 5-6 visits can be utilized without review, subsequent visits may need approval by your insurance company, and this will vary based on your benefits. Our office will do everything in our ability to ensure your most useful utilization, however ultimately the insurance company has the contractual right to deny additional treatments at their discretion.

Office Fee Schedule		
Code	Description	Fee
99203	New Patient Exam Routine	\$153.60
99213	Re-exam Current Patient	\$83.40
97810	Acupuncture Treatment per unit	\$57.00
97811	Acupuncture each additional 15 minutes	\$43.80
97813	Electro acupuncture per unit	\$60.60
97814	Electro acupuncture each additional 15 minutes	\$49.20
97140	Manual Therapy Techniques per unit (1 unit = 15 min)	\$42.60
97010	Hot or Cold Therapy	\$25.00
97026	Infrared Heat Therapy	\$35.00
97016	CUPPING Vasopneumatic per unit (1 unit = 15 min)	\$35.00

Cancellation Policy: In order to provide you with the best care; please arrive 5-10 minutes

prior to your appointment. We require 24 hours' notice of cancellation or you will be charged a \$85 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.