

## POST- TREATMENT INSTRUCTIONS

1. Immediately after your acupuncture session it is possible that you may become euphoric or light-headed. Please be sure you are properly oriented before leaving. We offer water and juice upon request and you are welcome to stay in the treatment room or in the lobby until you are capable of walking or driving safely from our office.

2. For 6-12 hours following your treatment:

- Engage in your normal daily activities, however, wait 24 hours before performing any strenuous physical activities.
- Refrain from alcohol or other mind/mood altering substances.
  - If you choose to consume these substances, be aware their effect will be magnified.
- Eat moderately sized and satisfying meals (avoid spicy foods).
- If you feel sleepy or tired following your treatment, please honor those feelings by resting as needed.

3. During the first 24 to 48 hours after an acupuncture treatment you may feel that the very condition you were seeking relief from has worsened. This experience is a perfectly normal and a common treatment reaction; in fact, this type of response frequently indicates the treatment is working. If you are concerned by such an occurrence, please do not hesitate to contact us and do discuss this event with your acupuncturist at your next appointment.

4. You may be sent home with ear needles and instructions to be removed at a specific time; please follow the practitioner's instructions for removal and proper disposal.

5. You may be prescribed Chinese herbal medicine. The herbs and nutritional supplements are generally considered safe; however, there are some side effects such as nausea, gas, stomachache, vomiting, headache, diarrhea, rashes, hives, and tingling of tongue. If you experience any gastrointestinal upset or allergic reactions to the herbs, please contact us as soon as possible.

6. In the rare event a needle has been unintentionally left in an acupuncture point, remain calm, and simply grasp the handle of the needle pulling slowly in an outward direction until the needle is released from the site. Please do not cut the handle of the needle or attempt to push it in further. Return the needle to the office for proper disposal. If you are concerned regarding self-removal of the needle, please contact our office and we will gladly assist you.

Acupuncture Wellness Center is dedicated to providing the highest possible level of care and strives for constant improvement; therefore, we welcome and encourage you to share your experience with us. Please feel comfortable offering us your opinion(s) in the form of a suggestion, comment, and or concern by discussing these matters with your practitioner, writing to us directly via mail or sending an E-mail to [info@nolaacupuncture.com](mailto:info@nolaacupuncture.com). Thank you for choosing Acupuncture Wellness Center to support your health and wellness.

## Health Insurance Information

At this time, acupuncture is not a reimbursable expense in Louisiana. We do not bill insurance companies for you and payment is due at the time of service. After you visit we will give you a receipt containing the appropriate codes that your insurance company would need if they will reimburse you directly according to your policy.

Acupuncture Wellness Center, LLC is considered a 'provider' by various health insurance companies which entitle the members of those company's policies to a discount on our fees. Please check your insurance company with us at the time of your visit.

When seeking reimbursement from your insurance company, you should ask five main questions:

1) Ask your insurance company if they cover out-of-network providers.

If they do, then you will be able to receive reimbursement for services offered at Acupuncture Wellness Center.

2) Ask your insurance company what your acupuncture allowance is.

Most acupuncture allowances range from \$500 - \$1,500 per year. Acupuncture is a therapy and multiple treatments will greatly help you to achieve a long-term solution

3) Find out what your co-pay is.

With this information, you will know what reimbursement you will receive from insurance company.

4) Find out reimbursement time

With this information, you can better manage your personal finances

5) Find out what paperwork needs to be submitted along with the super bill receipt.

Usually your insurance provider will have a claim form that needs to be submitted along with your super bill. Remember more than one super bill can be submitted at a time so you may want to send in multiple super bills at a time.

Many insurances offer acupuncture benefits; however, you will have to check with your insurance company on your specific acupuncture benefits / reimbursements. At Acupuncture Wellness Center, it is the patients' responsibility to seek reimbursement, from their insurance company, for services offered at the clinic.