

**Tabares Active Health
FAQ**

YOU SEEM TO OFFER A LOT.

Yes. We are qualified to provide recommendations pertaining to lifestyle, corrective exercise, nutrition, herbs and supplements. Healing has many components and relevant advice will be provided to enhance results.

WHAT CAN I EXPECT FROM AN ACUPUNCTURE TREATMENT?

Needles are sterile, single use, generally do not cause bleeding or pain; however, slight bruising may be experienced on occasion. The needles may vary in size, depending upon your condition and the course of treatment prescribed. In addition to needling your treatment may include a variety of non-needling techniques such as moxibustion, heat, acupressure, herbal formulas, corrective exercise, etc.

WHAT SHOULD I WEAR?

Comfortable loose fitting clothing that may be moved around to expose the arms and legs is appropriate. If there are points to be used on the abdomen, back or hips proper draping will be utilized.

SHOULD I EAT BEFORE AN ACUPUNCTURE TREATMENT?

Yes. Allow time for digestion and hydration to be able to sit or lay comfortably.

IS THERE ANYTHING ELSE I SHOULD DO BEFORE MY APPOINTMENT?

Please have your Health & Wellness Questionnaire completed at the time of your appointment to ensure a thorough Initial Consultation.

NOTE: If you need to fill out the Health & Wellness Questionnaire at the office please arrive 15-20 minutes prior to your visit.

Please also bring a list of current medications as well as any recent diagnostic test results including blood work, urinalyses, imaging (X-Rays, MRIs), etc.

IS THERE ANYTHING I SHOULD AVOID BEFORE BEING SEEN?

Please keep caffeinated drinks to a minimum and avoid alcohol or recreational drugs to prevent giving a false pulse reading. Refrain from brushing your tongue or drinking colored beverages to provide a more accurate tongue diagnosis.

If possible, do not wear any scented creams or fragrances the day of your appointment. While *you* may not be affected by certain scents, it's best to be mindful of other patients who might be particularly sensitive to strong smells or have allergies.

IS THERE ANYTHING SPECIAL THAT I SHOULD DO AFTER MY TREATMENT?

After a treatment, we recommend drinking extra water to support the body and flush out toxins the treatment may have released. Eat light, easy to digest meals. If you plan to exercise take extra time to warm up and ease into it.

Do keep track of any changes in symptoms that you provided during our interview.

WHAT IF I HAVE CANCER OR EPILEPSY?

Oriental medicine services will be provided as long as care is being rendered in conjunction with a treatment program prescribed by a medical doctor.

CAN I RECEIVE TREATMENT IF I AM PREGNANT?

Yes. We will provide acupuncture and Oriental medicine services as long as care is rendered in conjunction with a treatment program prescribed by a medical doctor. This includes relief from morning sickness, energy deficiency, aches and pains and gynecological conditions but does not include turning the fetus or induction. Once you are in labor, only your obstetrician can provide care.

HOW LONG WILL I HAVE TO RECEIVE ACUPUNCTURE TO BENEFIT?

Acupuncture and herbal therapies are tailored to the individual. An important aspect of treatment is a frequent reevaluation of symptoms. Most acupuncture treatment plans start at twice a week and can be reduced once a patient's symptoms begin to subside. Acute conditions may see results in two to three treatments, while chronic conditions require further attention. Initial treatments are designed to address the main reason that you are seeking help. After the second treatment it is easier to judge response time and potentially the root cause of the symptoms that you are experiencing. Each session averages one hour but may be modified based on the reason for entering the clinic or progress in the treatment regimen.

HOW DO I PAY FOR CLINIC SERVICES RECEIVED?

Payment is due at the time of service and may be paid in cash or most major credit cards.

IS THERE A CANCELLATION POLICY?

If you find that you need to cancel an appointment, it is important that we receive 24-hour notice. This enables us to fill the time slot. **We reserve the right to charge the full fee for an appointment canceled with less than 24-hour notice or for a "no show" appointment.** We will use our discretion when charging "No Show" fees. Also, the clinic reserves the right to charge the full scheduled fee for tardiness of appointments

CLINIC POLICY

Cell phones are to be turned off or silenced when in the waiting room and during treatment.

Speak quietly when in the clinic, and respect others who are receiving treatment.

Should the clinic need to close due to inclement weather or other severe circumstances, Tabares Active Health will post the closing or schedule change on its website at TabaresActiveHealth.com.