

Welcome to Hawaii Community Acupuncture!

Hawaii Community Acupuncture (HCA) is committed to providing the highest quality care and experience possible. We strive to make acupuncture an affordable wellness care option for everyone.

We Have a Sliding Scale

We offer treatments on a sliding scale of \$20-\$60, First Visit \$35-\$60. You decide what you can afford. There is never any need to prove your income. Our only goal is for you to be able to find out how useful acupuncture can be for you. Acupuncture is most effective for current health concerns when it is done frequently and regularly. We've found this to be especially true at the beginning of a course of treatment. Acupuncture is a PROCESS. While you may resolve a problem completely with one treatment, frequent treatment is much more likely to lead to relief. Your acupuncturist will suggest a course of treatment based on the intensity and duration of your health concern. Twice a week is usually the minimum needed to get some momentum moving ahead with a health issue – though more frequent visits are common for short periods of time if the problem is quite intense.

We Treat in a Community Setting

We believe a group setting has many benefits: it's easier for friends and family to come in together and it allows patients to keep their needles in as long as they want. Most people learn after a few treatments when they feel 'done' or 'cooked'. This can take anywhere from twenty minutes to an hour or so.

The treatment room is meant to remain a quiet space for you and others to rest, sleep and sort it all out. Its atmosphere exists through our patients relaxing together. We appreciate everyone's presence...we find this kind of collective stillness a rare and valuable thing in our rushed and isolating society. Maintaining this reservoir of calm requires very little talking in the clinic space – including us. If you would like to speak to your acupuncturist one-on-one at great length, please let us know. We can arrange for time in the office.

What to Expect at Your First Appointment

When you first come in, complete the double-sided registration & new patient form. We would like you to pay before your treatment. We will gladly give you a printed receipt, upon request. If you need to leave at a certain time, let us know, or you might sleep through it! After all the bookkeeping stuff is out of the way, you may want to use the restroom and get a drink of water...and please turn all electronic devices OFF.

Please eat something before your appointment: It's not a good idea to get acupuncture on an empty stomach. Acupuncture can move a lot of qi (energy) which may leave you a little light-headed after a session. Food in the belly helps to center and ground your energy to avoid this from happening!

The acupuncturist will introduce herself and review your health history, listen to your health concerns and goals, explain the acupuncture process, and will help ensure that you are relaxed and comfortable at all times. She will answer any questions you may have and recommend a treatment plan before you leave.

Relax and bliss out for the next 30-60 minutes! If you have never had acupuncture before, you may be a bit nervous at first, but you're in for a real treat. This is a safe and healing space.

Our Commitment to You

We want our community to be welcoming to all different kinds of people. We want to give you the tools to take care of your own health in a safe environment with skilled, experienced practitioners. We will always be available to listen to any advice and/or feedback you may have about HCA. We will do all of this with a sense of humor and help from you as well. Please enjoy the space and time to do your work. We're happy you're here.

With gratitude and love,

Hawaii Community Acupuncture

\$35-\$60
1st Visit

HAWAII COMMUNITY ACUPUNCTURE

465 Hinano Street, Hilo, HI 96720

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Registration & New Patient Form

Name: _____ Preferred name/nickname: _____

Address: _____ City: _____ State: _____ Zip: _____

Date of Birth: _____ Gender: _____ Best Phone Number: _____

May we contact you at this number? Yes No Leave a voice/text message if needed? Yes No

Email Address: _____

Would you like to subscribe to our free e-newsletter with health articles & special? Yes No

Occupation: _____ Medical Doctor (primary): _____

Emergency Contact Name _____ Phone _____

Have You Ever Had Acupuncture? Yes No How Did You Hear About Us?: _____

In Community Acupuncture, we focus our treatment on your main concern:

Main Concern _____ When did this start? _____

Heat makes it: better no change worse Cold makes it: better no change worse

Damp weather: better no change worse Exercise/Activity makes it: better no change worse

Please rate the intensity of your concern from 0 being no pain and 10 being the worst.

Mark **B** for when intensity is at its BEST and **W** for at its WORST.

0<-----2-----5-----8----->10

Any other health concerns we need to know about? _____

Any Headaches? _____ Migraines? _____ Dizziness? _____

ringing in your ears? Yes - High Pitch Low Pitch No Do you see floaters Yes Sometimes No

Do you have difficulty sleeping? _____ Do you wake up tired? _____ How often do you wake at night to urinate? _____ Asthma? Yes No Allergies? Yes No If Yes, to what? _____

Difficulty Breathing? Daily Sometimes Never Chest Pain? Daily Sometimes Never

Abdominal Pain? Daily Sometimes Never Gas/bloating? Daily Sometimes Never

Bowel movements? less often---daily---more often With ease? Yes/No

On a scale of 1-10, 10 being excellent, what's your daily energy level range? _____

Does your body temperature tend to run: Hot Cold Neutral

Do you have something that might be contagious? Yes No Maybe _____

Do you have Hepatitis B? Yes No Do you have Hepatitis C? Yes No

Are you HIV+? Yes No Do you have any other blood-borne pathogen? Yes No

Anything else you'd like us to know about you? _____



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465 Hinano Street, Hilo, HI 96720 808.854.5063

Financial Policy

Hawaii Community Acupuncture (HCA) is a low-cost, high-volume community acupuncture clinic. Our fees are \$20-\$60, first session \$35-\$60 per acupuncture treatment. You decide what you can pay. We will never ask for income verification and trust that you know best what you can afford to pay. We make every attempt to make acupuncture available to as many people as possible at the most affordable rates. This is our mission.

Payment is expected at the time of your visit. We accept cash, check and credit card. We ask that you be prepared to pay for your treatment each time you come in. At any time you may change the amount that you pay on the sliding scale up or down. We'd also be happy to give you a receipt as well, just ask.

Initial after reading

Informed Consent for Treatment

Acupuncture involves the insertion of very fine needles into particular points on the body to prevent or reduce pain and to help your body function and feel better. Risks may include bruising and/or slight bleeding, weakness, fainting and aggravation of symptoms existing prior to acupuncture treatment. There is little to no risk of infection when all needles are sterile. **Hawaii Community Acupuncture (HCA) uses only one-time use, sterile, disposable needles. We never reuse needles even on different areas of the body for the same person.**

I have been informed that I have the right to refuse any form of treatment. I understand the nature of the treatment, have been informed of the risks & possible consequences involved in the treatment, & have been given an opportunity to ask questions pertaining to the treatment. I also understand that there is always a possibility of an unexpected complication & I understand that no guarantee can be made concerning the results of treatment. **I will see my medical doctor for western (allopathic) primary medical care and for routine check-ups.**

I have also informed my acupuncturist if I have any of the following conditions: bleeding disorder, pregnancy, pacemaker, high blood pressure, seizures, local infection, take anticoagulant medications like Coumadin, or have a blood-borne pathogen like HIV, Hepatitis B virus, Hepatitis C virus.

Initial after reading

HIPAA Consent to the Use and Disclosure of Health Information

I understand that as part of my healthcare, Hawaii Community Acupuncture (HCA) originates and maintains health records including my health history, symptoms, examination and test results, diagnoses, treatment and any plans for future treatment. I consent to the use or disclosure of my identifiable health information by HCA **for the purposes of diagnosis or providing treatment to, obtaining payment of my health care bills, or to conduct health care operations.**

I have read and understand the Financial Policy, Informed Consent to Treat, and HIPAA Consent to Use and Disclose Health Information and that diagnosis and treatment at HCA may be conditioned upon my consent as evidenced by my signature below.

Print Name Signature Date