

Welcome

Please take a minute to read this introduction to our clinic. If this is the first time you have visited a community acupuncture clinic, we want you to know what to expect.

What is a “community acupuncture” clinic?

➤ **We treat in a community setting:**

Whereas most US acupuncturists treat patients on tables in individual cubicles, we primarily use recliners in an open room. This more closely resembles the community setting in which acupuncture is commonly practiced in Asia. Treating patients in a community setting has many benefits: it's easy for friends and family members to come in for treatment together; many patients find it comforting; and a collective energetic field becomes established which actually makes individual treatments more powerful.

➤ **We have a sliding scale:**

Most US acupuncturists charge \$65 to \$175 per treatment. We let you decide how much you can afford to pay, so that you can come as often as necessary to see the best results. Please see the sheet that follows that further explains the sliding scale. Because we have a sliding scale, we cannot do insurance billing (that's the insurance companies' rule). If you have insurance that covers acupuncture, we'll be happy to give you a payment receipt, and you can submit it; that's OK with the insurance companies.

➤ **We simplify the intake process:**

After the initial intake on your first visit, we do not spend a long time talking with each patient. Instead of asking you lots of questions, we ask a few, then rely on pulse diagnosis to assess how well you are responding and to decide how to treat you. This allows you to get in and out efficiently and comfortably and allows us to keep things affordable by treating multiple patients in an hour.. This is exactly how acupuncture is practiced traditionally in Asia -- many patients per hour and very little talking.

Our Commitment to You

We want to make it possible for you to receive acupuncture regularly enough and long enough to get better and stay better. 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 within your own means. We will provide a safe environment with skilled practitioners fully licensed and qualified to practice in the State of California.

What We Need From You

◆ **Responsibility**

The Yellow Emperor does not provide primary care medicine! Acupuncture is a wonderful complement to Western medicine, but it is not a substitute for it. If you think you have a problem that is not “garden variety” (meaning, you are worried that you might have a serious infection, a malignant growth, or an injury that won't heal), or if you want someone knowledgeable to go over the details of your medical history with you, you need to see a primary care physician (ND, MD, or DO). We *can* provide complimentary care for conditions which require a physician's attention -- for instance, we often treat patients for the side effects of chemotherapy. But we need you to take responsibility for your own health.

◆Support

The Yellow Emperor does not receive grants, state or federal money, or insurance reimbursement. We rely on patients to pay for their treatments. If you benefit from your treatment and feel satisfied with your experience, please spread the word about our clinic. Personal referrals are the number one way people hear about us.

◆ Flexibility

The community setting requires some flexibility from you. For instance, please be open to the possibility that your preferred recliner might be taken on a busy day. We need you to participate in making yourself comfortable in the community room before we arrive to treat you. We have earplugs available to block out the small noises. You also may consider bringing your own pillow and blanket if that will make you more comfortable.

Please tell us if you need to be somewhere at a certain time! We'll make sure you're out by then. In general, if you feel done before we have come to take out your needles, open your eyes and give us a meaningful look. We have some basic parameters for how long the needles should stay in, but ultimately it is your treatment and you can decide.

◆ Community-Mindedness

The soothing atmosphere in our clinic exists because all of our patients create it by relaxing together. We appreciate everyone's presence! This kind of collective stillness is a rare and precious thing in our rushed and busy society. Maintaining this reservoir of calm requires that no one talk very much in the clinic space. If you would like to speak to a practitioner one-on-one at any length, please let us know. If you want to have a substantial conversation, we will probably need to schedule that separately and might need to do it by phone.

Please take all personal belongings, (bags, shoes, etc.) with you back into the treatment room. And of course, please turn off your cell phone.

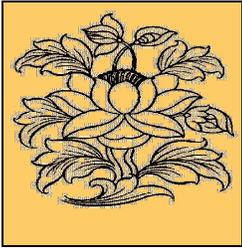
◆ Commitment

Acupuncture is a PROCESS. It is very rare for any acupuncturist to be able to resolve a problem with one treatment. In China, a typical treatment protocol for a chronic condition could be acupuncture every other day for three months! Most of our patients don't need that much acupuncture, but virtually every patient requires a course of treatment, rather than a single treatment, in order to get what they want from acupuncture. All of our satisfied patients basically made a commitment to a course of treatment.

On your first visit, your acupuncturist will suggest a course of treatment, which can be anything from "we'd like to see you once a week for six weeks" to "we'd really like to see you every day for the next four days". This suggestion is based on our experience with treating different kinds of conditions. If you don't come in often enough or long enough, acupuncture probably won't work for you. The purpose of our sliding scale is to help you make that commitment. If you have questions about how long it will take to see results, please ask us, or if you think you need to adjust your treatment plan, please let us know. We need you to commit to the process of treatment in order to get good results.

And, last, but not least....enjoy the space. Thank you,

Yellow Emperor Acupuncture Staff



The Yellow Emperor Acupuncture Clinic

3111 Shattuck Ave, Berkeley, CA 94703

510.227.4028

www.yellowemperorclinic.com

Health History Questionnaire and Registration

<i>Patient Information</i>	<i>Contact Information</i>
Date _____ Name _____ Street address _____ City State Zip _____ Age _____ Birth date _____ Occupation _____ How did you hear about us? _____	Phone numbers (indicate whether it's home, work or cell) (H/W/C) _____ (H/W/C) _____ Email _____ Another person we may contact if needed: Name _____ Relationship _____ Phone (H/W/C) _____
<i>Health History</i>	
What are your primary concerns for coming in for treatment? 1- _____ 2 - _____ 3 - _____ How is your sleep? _____ _____ How is your digestion? _____ _____ List medications or food supplements you are taking. _____ _____ List serious illnesses, accidents or surgeries. _____ _____ Check illnesses that have occurred in blood relatives. <input type="checkbox"/> Diabetes <input type="checkbox"/> High blood pressure <input type="checkbox"/> Stroke <input type="checkbox"/> Cancer <input type="checkbox"/> Heart disease <input type="checkbox"/> Kidney disease	Check symptoms you have or have had in the last year: <input type="checkbox"/> Depression <input type="checkbox"/> Difficulty in focusing <input type="checkbox"/> Dizziness <input type="checkbox"/> Easily startled <input type="checkbox"/> Fatigue/tiredness <input type="checkbox"/> Headaches <input type="checkbox"/> Loss of sleep/poor sleep <input type="checkbox"/> Loss or gain of weight <input type="checkbox"/> Nervousness/irritability How long has it been since you have had a complete medical exam? _____ Check conditions you have or have had in the past: <input type="checkbox"/> AIDS <input type="checkbox"/> Allergies <input type="checkbox"/> Anemia <input type="checkbox"/> Arthritis <input type="checkbox"/> Bleeding disorders <input type="checkbox"/> Cancer <input type="checkbox"/> Diabetes <input type="checkbox"/> Hepatitis

Health History, Cont.

Check symptoms you have or have had in the last year:

MUSCLE/JOINT/BONES

- Tremors c Cramps
- Swollen joints

Pain, weakness, numbness in:

- Arms or Hips
- Back Legs
- Feet
- Neck
- Hands
- Shoulders
- Other _____

EYES/EAR/NOSE/THROAT/RESPIRATORY

- Asthma/wheezing
- Blurred or failing vision
- Difficulty breathing
- Earache
- Enlarged glands
- Eye pain
- Frequent colds
- Hay fever
- Hoarseness
- Gum trouble
- Nose bleeds
- Loss of hearing
- Persistent cough
- Ringing in ears
- Sinus problems

SKIN

- Boils
- Bruise easily
- Dry skin
- Itching/rash
- Sensitive skin
- Sore won't heal
- Sweats

GENITO/URINARY

- Blood/pus in urine
- Frequent urination
- Inability to control urine
- Kidney infection/stones
- Lowered libido

CARDIOVASCULAR

- Chest pain
- Hardening of arteries
- High or low blood pressure
- Pain over heart
- Poor circulation
- Previous heart attack
- Rapid/irregular heart beat
- Swelling of ankles

GASTROINTESTINAL

- Belching, gas or bloating
- Colon trouble
- Constipation
- Diarrhea
- Difficulty swallowing
- Distention of abdomen
- Excessive hunger
- Gall bladder trouble
- Hemorrhoids (piles)
- Indigestion
- Nausea
- Pain over stomach
- Poor appetite
- Vomiting

FOR MEN ONLY

- Erection difficulties
- Prostate trouble

FOR WOMEN ONLY

- Pregnant
- Bleeding between periods
- Clots in menses
- Excessive menstrual flow
- Extreme menstrual pain
- Irregular cycle
- Menopausal symptoms
- PMS
- Previous miscarriage
- Scanty menstrual flow

Signature

The information on this form is correct to the best of my knowledge.

Signature _____ Date _____

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Acupuncture Consent to Treatment

I request and consent to the performance of acupuncture treatments on me (or on the patient named below, for whom I am legally responsible) and/or nutritional counseling and herbal supplementation by Charles Adamec L.Ac. or any other licensed acupuncturist working at the Yellow Emperor Community Acupuncture Clinic.

Acupuncture attempts to normalize physiological functions, to modify the perception of pain and to treat certain diseases of dysfunction of the body. I have been informed that acupuncture is a safe method of treatment, but occasionally there may be some bruising or tingling near the needling sites. There have been very rare instances reported of fainting, infection and scarring. There have been extremely rare instances of spontaneous miscarriage and pneumothorax. If I am or become pregnant, I will inform the attending acupuncturist before treatment. I wish to rely on the acupuncturist to exercise judgment during the course of the procedure which the acupuncturist feels at the time, based on the facts then known, is in my best interests.

The herbs and nutritional supplements (which are from plant, animal and mineral sources) that have been recommended are traditionally considered safe in the practice of Chinese Medicine. I understand the same herbs may be inappropriate during pregnancy. If I experience any gastro-intestinal reactions to the herbs I will inform the acupuncturist immediately.

I have been informed that I have a right to refuse any form of treatment. I have read, or have had read to me, the above consent. I have also had an opportunity to ask questions about its content, and by signing below I agree to the above named procedures. I do not expect the acupuncturist to be able to anticipate all risks and complications. I intend this consent form to cover the entire course of treatment for my present condition and for any future condition(s) for which I seek treatment.

Print Patient Name _____

Signature (of patient or legal guardian) _____ Date _____

Sliding Scale – Explained

At the Yellow Emperor Clinic, we will never ask you for income verification. It is up to you to decide how much you can pay based on your income and circumstances. Below is a chart to help you decide how much you can afford. It is important to us that you take your course of treatment seriously and come in as often and as many times as is necessary to get good results. If cost is a barrier for any reason at any time, talk to us. We do not want you to discontinue treatment because you feel you can't afford it. However, our continued existence as a community clinic is entirely dependent on your financial support for our services, so please pay what you can.

Income	Recommended fee	More than once a week
Under \$10,000	Fee reductions available	
\$10,000 - \$20,000	\$20 + \$10 first visit	\$15
\$20,000 - \$30,000	\$25 + \$10 first visit	\$20
\$30,000 - \$40,000	\$30 + \$10 first visit	\$25
Over \$40,000	\$40 + \$10 first visit	\$35

Once you have decided your rate, please fill out a slip with your name and comments on it. Put the money and the slip in an envelope and leave it in the drop box before you leave.

Many thanks,

The Yellow Emperor Clinic