

## Acupuncture of SF & Marin Services Menu

<u>Appointment Type</u>	<u>Time</u>	<u>Cost*</u>
<b>Acupuncture New Patient</b>	<b>60 to 90 minutes</b>	<b>\$150 to \$200</b>
The <b>Acupuncture New Patient</b> appointment is designed to take the time to understand, investigate, plan and treat your health concerns. Together we will identify and care for your health and healing needs with discussion, history, exam, acupuncture and other integrative treatments.		
<b>Acupuncture: Extended Follow-Up</b>	<b>60+ minutes</b>	<b>\$135+</b>
The <b>Extended Follow-Up</b> is designed for more in-depth patient care and treatment. The extra time allows for more integrative therapies to be provided in addition to acupuncture: be it more in-depth health consultation, education, assessments or traditional therapies like bodywork and cupping.		
<b>Acupuncture: Focused Follow-Up</b>	<b>45 minutes</b>	<b>\$95</b>
The <b>Focused Follow-Up</b> is designed to provide essential acupuncture care for an ongoing health issue. Affordably priced for prompt pay patients, this a la carte session gives specific acupuncture care with brief reevaluations, hot pack, infra-red heat lamp and Gua Sha therapies.		
<b>Acupuncture: Mind-Body Tune-Up</b>	<b>45 minutes</b>	<b>\$75</b>
The Mind-Body Tune-up is designed for destressing, creating mind-body balance and increasing personal vitality. By directly working with spirit (Shen) and nervous system, this session offers a simple examination of tongue and pulse with 30 minutes of acupuncture. Recommended monthly/seasonally.		
<b>Vitality &amp; Stress Coaching</b>	<b>60 minutes</b>	<b>\$150</b>
These sessions with Jeffrey focus on mental health, personal transitions and effectively navigating the ins and outs of stress while still creating personal energy and wellbeing. Available both in person and online, these sessions use <i>Parts Work</i> practices, Stress Intelligence framework and a compassionate ear to help build personal clarity, greater wellness, inspiration and direction so you can create change, new habits and patterns and greater purpose and balance.		
<b>Insurance Covered Acupuncture Care</b>	<b>45 to 90 minutes</b>	<b>\$100-250</b>
Where possible, Acu SF Marin will bill insurance carriers for care provided. We frequently work with the following PPO plans: Cigna, Aetna, UHC, Optum Health, Mertian, Blue Shield and Anthem Blue Cross. Covered services, billing rates and reimbursements can vary radically between different plans and different insurance carriers. Thank you for your understanding as we navigate with you and your carrier.		

*\*Fee schedule for services for prompt pay patients (out-of-pocket) does not apply to insurance covered care. Where possible Acupuncture of SF & Marin can and will bill insurance plans for coverage. Fees will vary depending on our contracted status with those plans. If you have questions: please reach out. We are happy to answer them for you.*