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Welcome to Tucson Acupuncture Co-op!

Some things you should know about receiving acupuncture with us:

We treat in a community setting.

This makes it easy for friends and family members to come in for treatment together. Many patients find it comforting. And treating everyone in a room together makes it easy for patients to nap as long as they like. Most people are here for around 45-60 minutes and some stay for a couple of hours. It's good to stay at least 30 minutes with the needles in. We have earplugs available, in case you are sensitive to the sounds that happen in/around our space. When you feel like you're done resting, simply make eye contact with an acupuncturist, and they will remove your needles.

We have a sliding scale of \$15-35 per treatment.

This allows us to do something kind of amazing: make acupuncture accessible and affordable, and still make a living ourselves. So simple, so necessary. Thank you for being a part of this.

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 so that you will not need to rely on corporations like Big Insurance or Big Pharmaceuticals for costly, high-tech interventions. We will provide a safe environment with skilled practitioners.

What we need from you:

Responsibility:

Acupuncture helps your body heal itself, and it is a **process**. Your acupuncturist will recommend a course of treatment, but it is up to you to follow through with that, and to check in about how things are going. **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.**

If you need to cancel or reschedule an appointment, please give us at least 24 hours notice. That way, we can give your appointment time to someone else. If you do have to cancel with less notice, please pay for your missed appointment.

Tucson Acupuncture Co-op does not receive grants, state or federal money, or insurance reimbursement. Tucson Acupuncture Co-op exists because patients pay for their treatments – it is a sustainable community business model. We also exist because patients spread the word about our clinic! Thank you in advance for all of your referrals.

Community-Mindedness:

Part of our success is that our patients learn the routine and take on a lot of responsibility for the appointments. Re-scheduling and making payment happens at the front desk before each treatment. Please take all personal belongings, (bags, shoes, etc.) with you back into the treatment room. Please speak quietly, so that you don't wake other patients. And of course, **please turn off your cell phone!**