

# IDCA INTAKE FORM

Name	Birthdate
Address	Email
	Occupation
Phone (s)	Emergency Contact Info

Chief Complaints: Describe, in order of importance, what issues you would like us to address.


Medical History: Describe any major injuries, surgeries, allergies, etc.


Medications, Supplements, Specific Diets:


Your information is confidential. We will not share your information with an outside party.

By signing below, i agree the information i have given above is correct to the best of my knowledge.

Signature \_\_\_\_\_ Date \_\_\_\_\_

# WELCOME TO OUR COMMUNITY!

Please take a minute to read this introduction to our clinic and to our community. We are delighted that you are interested in joining us!

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. In some styles of acupuncture, the needles are removed after only a few minutes or after a half hour at most. The style of acupuncture we practice at IDCA allows patients to keep their needles in as long as they want, and the "right" amount of time varies from patient to patient. Most people learn after a few treatments when they feel "done"; this can take from twenty minutes to a couple of hours! Many people fall asleep, and wake feeling refreshed.

We have a sliding scale at IDCA. The only way that we at IDCA can make acupuncture affordable and still make a living ourselves is to streamline our treatments and see multiple patients in an hour. 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 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 for costly, high-tech interventions. We will provide a safe environment with skilled practitioners.

IDCA 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 (MD, ND, or DO). We can provide complimentary care for conditions which require a physician's attention, but we need you to take responsibility for your own health. IDCA does not receive grants, state or federal money, or insurance reimbursement. IDCA exists because patients pay for their treatments - it's a sustainable community business model.

The community setting requires some flexibility from you. For instance, many patients have a favorite recliner. When we are busy, someone may be sitting in yours. Similarly, we have a few patients who snore. Other patients who dislike snoring bring earplugs to their treatments. Basically, we need you to participate in making yourself comfortable in the community room before we arrive at your side to treat you.

In terms of how long you want to stay: tell the receptionist when you check in if you need to be somewhere at a certain time! If you want to be unpinned at a specific time, ask the receptionist to make a note and give it to the acupuncturist. We'll make sure you're out on time. In general, if you feel done, open your eyes and give us a meaningful look. If your eyes are closed we think you're asleep and we won't wake you up.

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 talking be kept to a minimum 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 or email.

Part of our success is that 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, so you can relax and enjoy treatment. Please take all personal belongings with you into the treatment room. There is a space to hang coats and bags. You may put your shoes in this area or take them off when you sit in your recliner. And of course, please turn off your cell phone.

Acupuncture is a PROCESS. It is very rare for any acupuncturist to be able to resolve a problem with one treatment. Virtually every patient requires a course of treatment in order to get what they want from acupuncture. This may be 1-2 treatments per week for 6 weeks or several months. 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.

One big reason we are able to keep our prices so low is because of the extraordinary amount of marketing our patients do on our behalf. We cannot express how grateful we are for this. Our patients are such effective marketers because they have first-hand experience of how well acupuncture works.

Last, but not least....enjoy the space. We hope that IDCA can be an important part of your community.

Thank you,  
Indy Downtown Community Acupuncture Staff