



## **Oriental Medicine and Health Services**

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### **Comprehensive Price List**

#### **Acupuncture**

##### New patient - \$90:

This is for those who have never been treated with acupuncture or herbs at OMHS. Scheduled for 2 hours, plan on arriving 20-30 minutes before your appointment time to read and fill out paperwork. During this visit, your medical history will be discussed along with a complete history of your current chief complaint. General questions about your current state of health are also covered. A diagnosis and treatment plan is made, and you will receive an acupuncture treatment.

##### Standard - \$65:

This is the most common type of acupuncture follow-up visit at OMHS. Scheduled for 1 hour, plan on arriving 10 minutes before your appointment time to fill out paperwork. During this visit, your chief complaint will be discussed to determine what changes have occurred since your last treatment. Also, any relevant questions about your general health will also be discussed. Your diagnosis and treatment plan may be modified, if necessary, and you will receive an acupuncture treatment.

##### Comprehensive - \$75:

This visit is reserved for returning patients that fall into 2 categories: 1) if you have not had an appointment with OMHS in the previous 60 days, or 2) if you have a new chief complaint that is not related to your current diagnosis and treatment plan. For example, if you are being treated for anxiety and then seek treatment for lateral epicondylitis (tennis elbow), you would require one comprehensive visit. Scheduled for 1 ½ hours, plan on arriving 10 minutes before your appointment time to fill out paperwork. During this visit, your new chief complaint will be discussed along with any changes to your previous chief complaint. Also, any relevant questions about your general health will also be discussed. A new diagnosis and treatment plan is made, and you will receive an acupuncture treatment.

##### Abbreviated x3 - \$105:

The “abbreviated x3” is scheduled as a group of 3 visits, and you pay the \$105 at the beginning of the first visit. It can be scheduled for no more than 2 days after a “standard”, “comprehensive”, “abbreviated x3”, or “abbreviated x5” visit. The “abbreviated x3” visits can be scheduled for no more than 2 days apart from one another and cannot span for more than a 1 week period. If a weekend interrupts your visits, then a Monday visit will count as 2 days after either a Thursday visit or a Friday visit. Because this is a special offer, and you are paying for the time-slots (rather than the treatments), there are no refunds given for missed or cancelled appointments. It is in your best interest to make it to all of your scheduled visits.

This is a special circumstance visit. OMHS offers this type of visit so that those with certain types of conditions can receive treatment more often at a reduced price in order to get faster results. If OMHS thinks you can benefit from these visits, it will be offered to you. Otherwise, you will generally be scheduling “standard” visits. Without getting too detailed, if you and your condition have little or no variability (besides progress), then under certain circumstances, OMHS would feel confident in administering the same exact treatment each time without discussing all of the other details that arise during a “standard” visit. Scheduled for ½ hour, your chief complaint is discussed only very briefly to determine your progress. No changes are made to your diagnosis or treatment plan. You will then immediately receive your acupuncture treatment.

#### Abbreviated x5 - \$175:

The “abbreviated x5” is scheduled as a group of 5 visits, and you pay the \$175 at the beginning of the first visit. It can be scheduled for no more than 2 days after a “standard”, “comprehensive”, “abbreviated x3”, or “abbreviated x5” visit. The “abbreviated x5” visits are scheduled as daily visits (every day for 5 days) and cannot span for more than a 1 week period. If a weekend interrupts your visits, then a Monday visit will count as the day after a Friday visit. Because this is a special offer, and you are paying for the time-slots (rather than the treatments), there are no refunds given for missed or cancelled appointments. It is in your best interest to make it to all of your scheduled visits.

This is a special circumstance visit. For more details, see “abbreviated x3” above.

#### Tuina Add-on - \$30:

This is for those that want tuina therapeutic bodywork in addition to their acupuncture treatment. The tuina will last for a maximum of 30 minutes, but may be less depending on the condition. This also adds 30 minutes to your appointment time-slot, making a standard visit 1 ½ hours instead of 1 hour.

#### Electro-stim Add-on - \$15:

Some conditions may benefit more with the addition of electro-stimulation to some of the acupuncture needles in place. This add-on does not extend your appointment time-slot.

### **Herbology**

The cost of medicinal supplements (herbs) is to be paid in addition to the costs of the visits. If herbs are not in stock and need to be ordered, payment is due at the time of your order.

#### New patient - \$75:

This is for those who have never been treated with acupuncture or herbs at OMHS. Scheduled for 1 ½ hours, plan on arriving 20-30 minutes before your appointment time to read and fill out paperwork. During this visit, your medical history will be discussed along with a complete history of your current chief complaint. General questions about your current state of health are also covered. A diagnosis and treatment plan is made. It is then determined which medicinal supplements are appropriate for your condition.

Standard - \$30:

This is the most common type of herbal follow-up visit at OMHS. Scheduled for 30 minutes, plan on arriving 10 minutes before your appointment time to fill out paperwork. During this visit, your chief complaint will be discussed to determine what changes have occurred since your last treatment. Also, any relevant questions about your general health will also be discussed. Your diagnosis and treatment plan may be modified, if necessary. It is then determined which medicinal supplements are appropriate for your condition.

**Note:** It is important to realize that it might not be necessary to schedule “standard” visits in order for you to continue purchasing and taking medicinal supplements from OMHS. If your current OMHS prescribed supplements are working well and you are having no difficulties, then a simple telephone call or drop-by the office is all that is necessary. However, if it has been more than 30 days since your last herbology visit, you will need to schedule an appointment.

Comprehensive - \$50:

This visit is reserved for returning patients that fall into 2 categories: 1) if you have not had an appointment with OMHS in the previous 60 days, or 2) if you have a new chief complaint that is not related to your current diagnosis and treatment plan. For example, if you are being treated for insomnia and then seek treatment for low back pain, you would require one comprehensive visit. Scheduled for 1 hour, plan on arriving 10 minutes before your appointment time to fill out paperwork. During this visit, your new chief complaint will be discussed along with any changes to your previous chief complaint. Also, any relevant questions about your general health will also be discussed. A new diagnosis and treatment plan is made. It is then determined which medicinal supplements are appropriate for your condition.

**Tuina**New patient / comprehensive - \$90:

This is a therapeutic bodywork appointment for those seeking treatment. This is for those who 1) have never been treated at OMHS, 2) have not had an appointment with OMHS in the previous 60 days, or 3) are a regular patient with an entirely new chief complaint not related to your current diagnosis and treatment plan. Scheduled for 1 ½ hours, plan on arriving 20 minutes before your appointment time to read and fill out paperwork. During this visit, your pertinent medical history will be discussed *briefly* along with a complete history of your current or new chief complaint. General questions pertinent to your current state of health are also covered. A diagnosis and treatment plan is made, and you will receive a tuina treatment.

New patient / standard - \$75:

This is a non-therapeutic bodywork appointment for those seeking a generalized session of tuina. This is for those who 1) have never been treated at OMHS, 2) have not had an appointment with OMHS in the previous 60 days, or 3) are a returning patient. Scheduled for 1 hour, plan on arriving 15 minutes before your appointment time to read and fill out paperwork unless you are a returning patient. During this visit, you will receive a generalized full-body session of tuina.

Standard - \$75:

This is the most common type of tuina appointment. This is for returning patients receiving regular treatments under a current diagnosis and treatment plan. Scheduled for 1 hour, plan on arriving 10 minutes before your appointment time to fill out paperwork. During this visit, your chief complaint will be discussed to determine what changes have occurred since your last treatment. Also, any relevant questions about your general health will also be discussed. Your diagnosis and treatment plan may be modified, if necessary, and you will receive a tuina treatment.

30-minute (chair or table) - \$40:

This is a non-therapeutic bodywork appointment for those seeking a generalized session of tuina. This is for a new or returning patient. Scheduled for 30-minutes, plan on arriving 15 minutes before your appointment time to read and fill out paperwork unless you are a returning patient. During this visit, you will receive a generalized session of tuina.

**NADA Protocol Treatments for Addiction**

On your first visit, please allow for about 15 minutes to read and fill out paperwork. You will be treated in a private room, if available, or in the waiting area / class area. Once the needles are in place it is best to retain them for at least 30 minutes and for up to 1 hour.

1 session - \$20:

This is for those who want just a single treatment. It is important to remember, however, that these treatments work best when repeated regularly over a period of time.

6 sessions - \$100:

The \$100 entitles you to six (6) pre-scheduled appointments at OMHS. Because you are paying for the time-slots (rather than the treatments), no refunds or credits are given for appointments not attended. See the cancellation policy for more details regarding cancellations and rescheduling. It is in your best interest to attend as many appointments as you can for best results. Also, the closer together the treatments, the better the effect will likely to be.

14 sessions - \$200:

The \$200 entitles you to fourteen (14) pre-scheduled appointments at OMHS. Because you are paying for the time-slots (rather than the treatments), no refunds or credits are given for appointments not attended. See the cancellation policy for more details regarding cancellations and rescheduling. It is in your best interest to attend as many appointments as you can for best results. Also, the closer together the treatments, the better the effect will likely to be.

**T'ai Chi or Qigong**

These prices are for tuition of 1 type of class, either T'ai Chi or Qigong. Keep in mind, however, that the 2 types of classes are designed in such a way that they compliment each other. Taking

both types of classes at the same time can help improve your skills faster than taking either class by itself.

Try your best to be on time for class, as late arrivals may prove to be disrupting to the others in attendance.

The cost of your uniform is in addition to any tuition paid. Uniforms are required and are available for purchase through OMHS.

### **6 months**

#### **\$420 (\$120 down, then \$60 per month):**

This is a consecutive monthly payment plan. The down payment is \$120 which includes your first month's tuition. Months 2-6 are \$60 each. These payments are due on the same day each month, based on your start date, and are made via automatic credit card withdrawal, an agreement for which you will sign during registration. 30 days written notice is required if you wish to terminate this agreement. At the end of the 6 month period, you may sign up again for the same plan, or you may choose another. If your tuition is late by 1 week or more, you will not be able to attend classes until payment is received. No refunds or credits are given for classes not attended.

#### **\$375 paid in full (a 10% savings):**

By paying for the 6 month plan in full, you save slightly more than 10% off the normal price of \$420. The 6 months must be consecutive. At the end of the 6 month period, you may sign up again for the same plan, or you may choose another. If your tuition is late by 1 week or more, you will not be able to attend classes until payment is received. No refunds or credits are given for classes not attended.

### **12 months**

#### **\$780 (\$120 down, then \$60 per month):**

This is a consecutive monthly payment plan. The down payment is \$120 which includes your first month's tuition. Months 2-12 are \$60 each. These payments are due on the same day each month, based on your start date, and are made via automatic credit card withdrawal, an agreement for which you will sign during registration. 30 days written notice is required if you wish to terminate this agreement. At the end of the 12 month period, you may sign up again for the same plan, or you may choose another. If your tuition is late by 1 week or more, you will not be able to attend classes until payment is received. No refunds or credits are given for classes not attended.

#### **\$660 paid in full (a 15% savings):**

By paying for the 12 month plan in full, you save slightly more than 15% off the normal price of \$780. The 12 months must be consecutive. At the end of the 12 month period, you may sign up again for the same plan, or you may choose another. If your tuition is late by 1 week or more, you will not be able to attend classes until payment is received. No refunds or credits are given for classes not attended.

## **T'ai Chi and Qigong**

These prices are for tuition of both classes, T'ai Chi and Qigong. The 2 types of classes are designed in such a way that they compliment each other. Taking both types of classes at the same time can help improve your skills faster than taking either class by itself.

Try your best to be on time for class, as late arrivals may prove to be disrupting to the others in attendance.

The cost of your uniform is in addition to any tuition paid. Uniforms are required and are available for purchase through OMHS.

### **6 months**

#### **\$570 (\$120 down, then \$90 per month):**

This is a consecutive monthly payment plan. The down payment is \$120 which includes your first month's tuition. Months 2-6 are \$90 each. These payments are due on the same day each month, based on your start date, and are made via automatic credit card withdrawal, an agreement for which you will sign during registration. 30 days written notice is required if you wish to terminate this agreement. At the end of the 6 month period, you may sign up again for the same plan, or you may choose another. If your tuition is late by 1 week or more, you will not be able to attend classes until payment is received. No refunds or credits are given for classes not attended.

#### **\$510 paid in full (a 10% savings):**

By paying for the 6 month plan in full, you save slightly more than 10% off the normal price of \$570. The 6 months must be consecutive. At the end of the 6 month period, you may sign up again for the same plan, or you may choose another. If your tuition is late by 1 week or more, you will not be able to attend classes until payment is received. No refunds or credits are given for classes not attended.

### **12 months**

#### **\$1110 (\$120 down, then \$90 per month):**

This is a consecutive monthly payment plan. The down payment is \$120 which includes your first month's tuition. Months 2-12 are \$90 each. These payments are due on the same day each month, based on your start date, and are made via automatic credit card withdrawal, an agreement for which you will sign during registration. 30 days written notice is required if you wish to terminate this agreement. At the end of the 12 month period, you may sign up again for the same plan, or you may choose another. If your tuition is late by 1 week or more, you will not be able to attend classes until payment is received. No refunds or credits are given for classes not attended.

#### **\$940 paid in full (a 15% savings):**

By paying for the 12 month plan in full, you save slightly more than 15% off the normal price of \$1110. The 12 months must be consecutive. At the end of the 12 month period, you may sign up again for the same plan, or you may choose another. If your tuition is late by 1 week or more,

you will not be able to attend classes until payment is received. No refunds or credits are given for classes not attended.

Private lesson (1 person) - \$35 / hr.:

You may schedule a private lesson for \$35 per hour for the first hour. This guarantees you one-on-one instruction from OMHS, but does not necessarily mean that no one else will be at OMHS during the time of your lesson. If you wish less than 1 hour, the cost is still \$35 for any fraction of the first hour. If you want a longer lesson, a \$5 charge is added for each additional 10 minute period, rounded up to the next 10 minute period. For example 1 hour and 14 minutes would be counted as 1 hour and 20 minutes. Remember, you are paying for a time slot, so try to be on time for your lesson. If you arrive 15 minutes late, for instance, this will leave you with 45 minutes worth of time in your 1 hour time slot. Lessons are to be paid for before the lesson takes place, and no refunds or credit are given. Canceling a scheduled private lesson subjects you to the terms and conditions of OMHS's "Policy on Cancellations, No-shows, Lateness, and Returned Checks," and you may be charged. Please read that policy for clarification.

Semi-private lesson (2-3 people) - \$60 / hr.:

By sharing the cost of the lesson among the group, each individual recognizes a savings compared to the rate of a private lesson. A group of 2-3 people may schedule a semi-private lesson for \$60 per hour for the first hour. This guarantees dedicated instruction from OMHS to your group during the time of the lesson, but does not necessarily mean that no one else will be at OMHS during the time of your lesson. If you wish less than 1 hour, the cost is still \$60 for any fraction of the first hour. If you want a longer lesson, a \$10 charge is added for each additional 10 minute period, rounded up to the next 10 minute period. For example 1 hour and 14 minutes would be counted as 1 hour and 20 minutes. Remember, you are paying for a time slot, so try to be on time for your lesson. If you arrive 15 minutes late, for instance, this will leave you with 45 minutes worth of time in your 1 hour time slot. Lessons are to be paid for before the lesson takes place, and no refunds or credit are given. Canceling a scheduled semi-private lesson subjects you to the terms and conditions of OMHS's "Policy on Cancellations, No-shows, Lateness, and Returned Checks," and you may be charged. Please read that policy for clarification.

**Student Incentives:**

- Students on a 6 months plan receive **5% off** all services at OMHS.
- Students on a 12 months plan receive **10% off** all services at OMHS.
- Receive 1 free month of classes for every new student that you refer who initially signs up for a 6 month plan.
- Receive 2 free months of classes for every new student that you refer who initially signs up for a 12 month plan.

**Special Offer**

Any acupuncture, herbology, or tuina patient who is currently receiving regular treatments at a rate of at least one treatment per week, and has already been treated for at least 2 weeks, is entitled to attend one class per week, free of charge, of either t'ai chi *or* qigong to be redeemed within 6 days of the treatment. This special offer does not apply to those receiving low cost addiction treatments. As this is a special offer, no credits are given if free classes are not attended. Additionally, no credits are given because of this offer to those already enrolled in t'ai chi or qigong classes.