

Treatment For The Body & The Mind



Pain Relief

Low back pain, Sciatica, plantar fasciitis, Frozen shoulder, neck pain, migraine Headaches, Neuropathy



Digestion

IBS, Constipation, Fatigue, gas & bloating



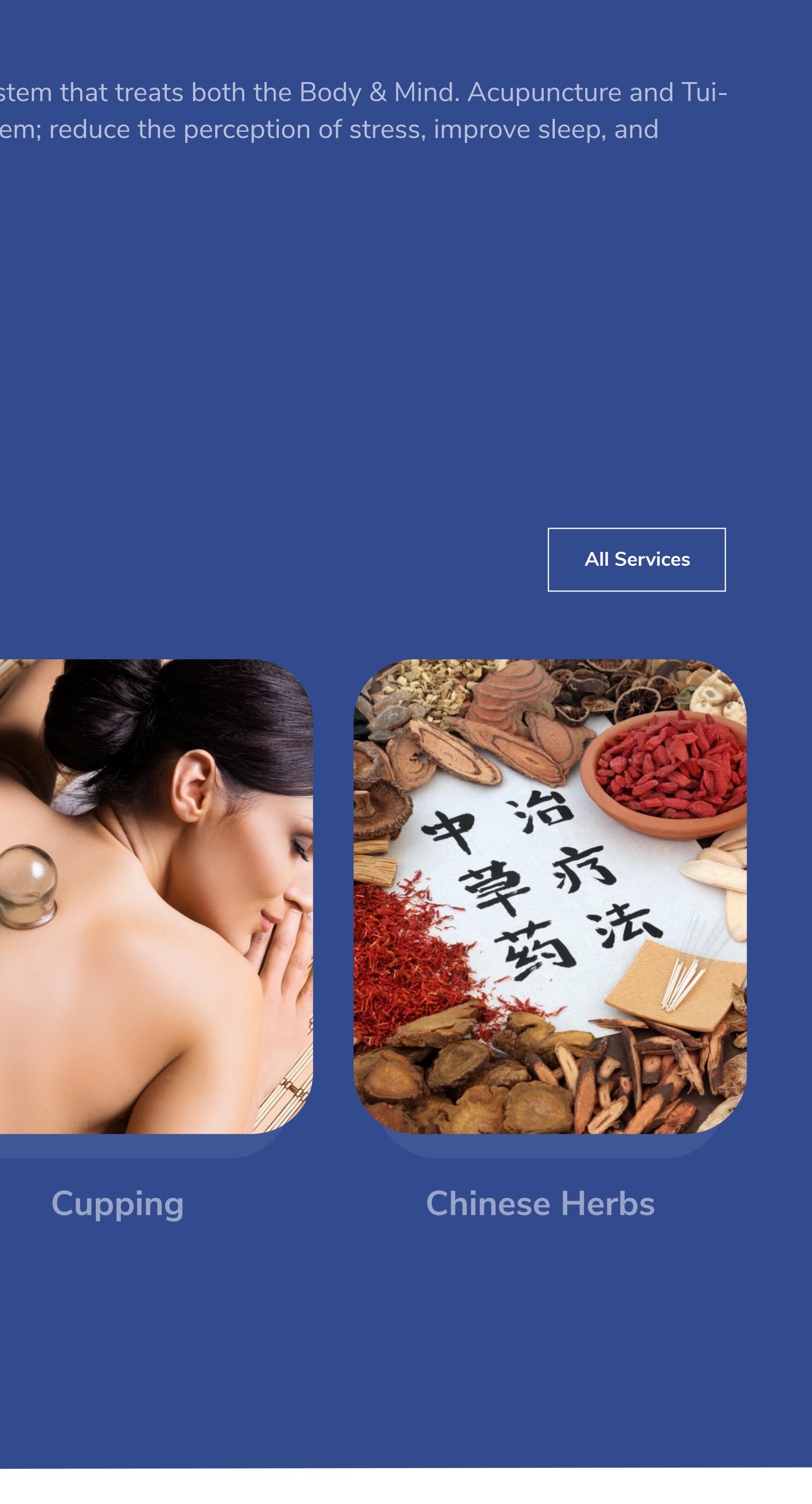
Mental Health

Anxiety & Stress, Depression, Insomnia



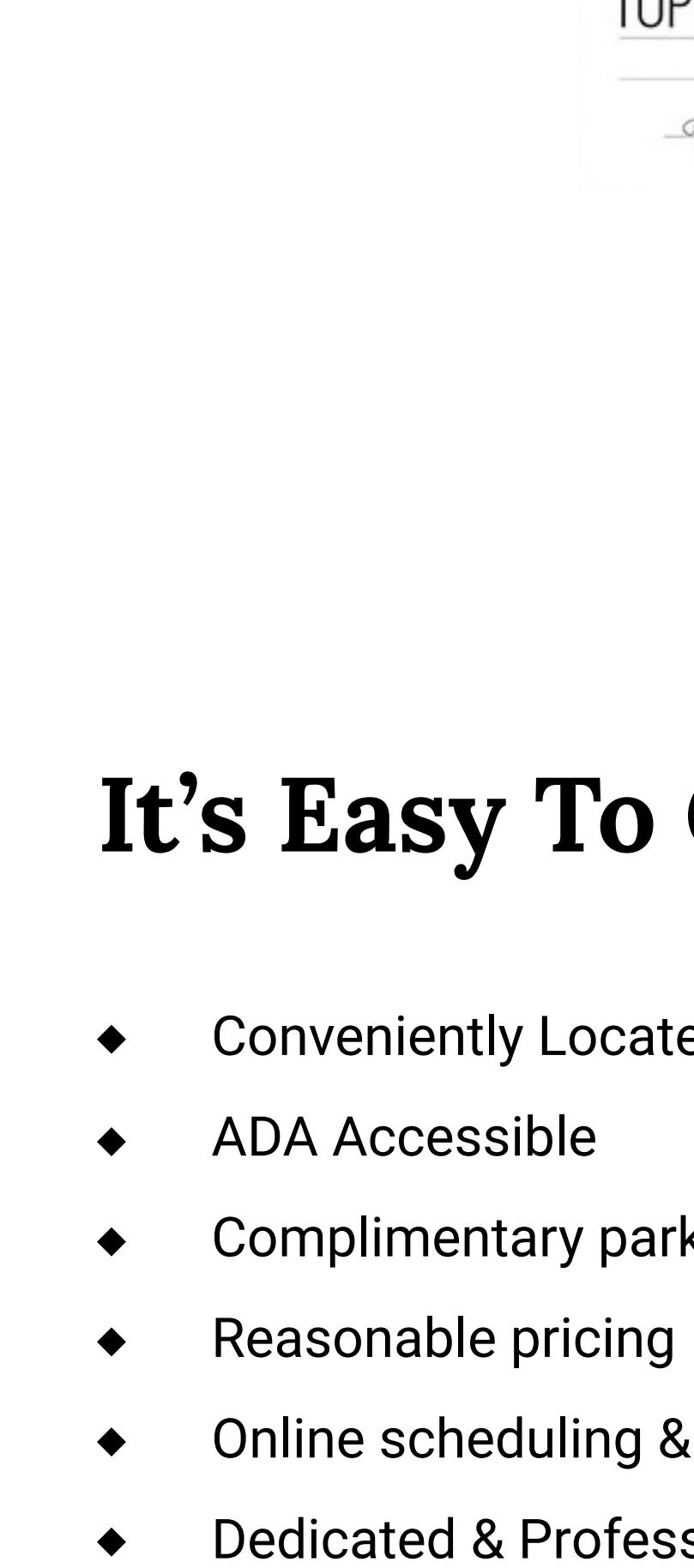
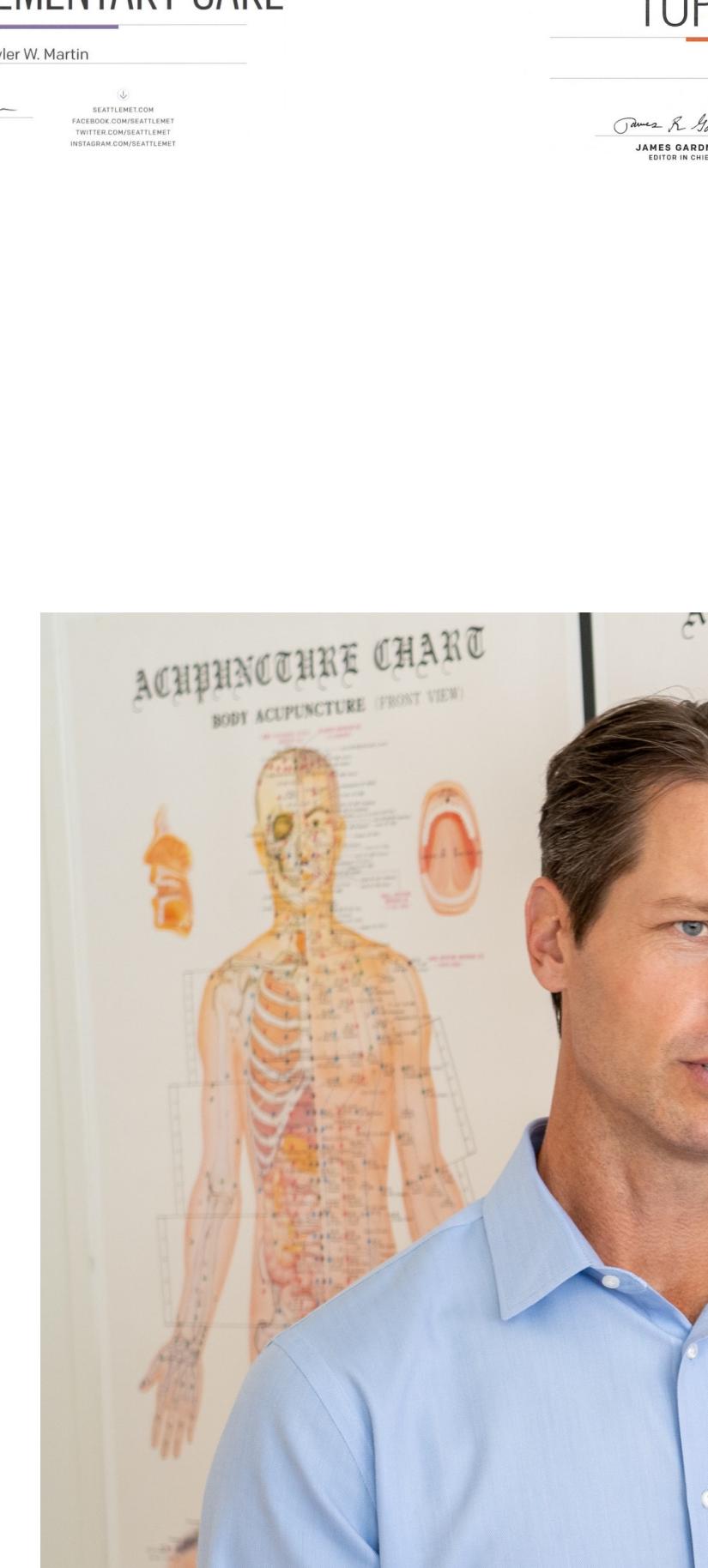
Respiratory Issues

Allergies & Asthma, Common Colds, Immune support



Services

We offer a suite of services that compliment each other to alleviate pain by restoring balance to your body.

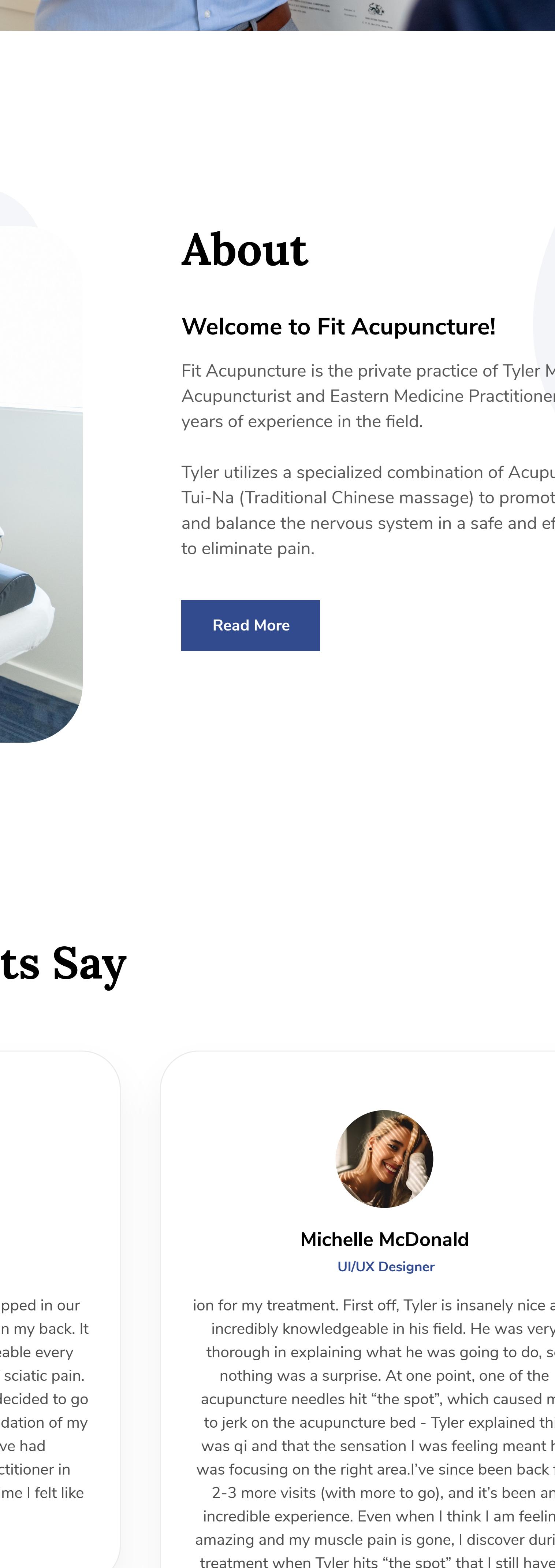
[All Services](#)[Acupuncture →](#)[Tui-Na Massage](#)[Cupping](#)[Chinese Herbs](#)

Biography

Tyler Martin, L.Ac.

has been practicing Chinese Medicine for over 15 years and is a board certified acupuncturist and graduate of the American College of Traditional Chinese Medicine in San Francisco, CA.

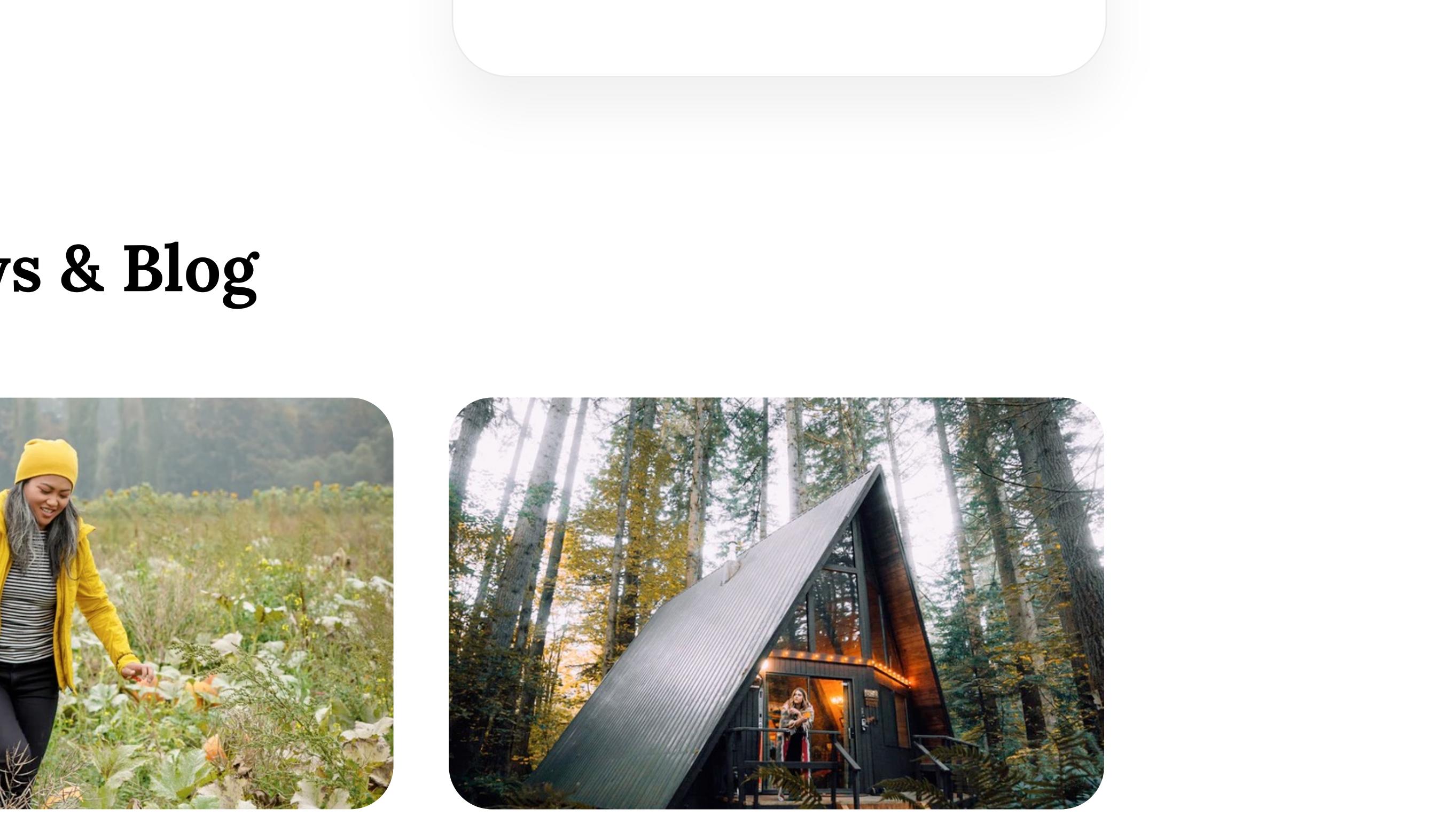
He holds a Masters of Science degree in Traditional Chinese Medicine and a "Diplomate of Oriental Medicine" by the National Certification Commission of Acupuncture and Oriental Medicine (NCCAOM).

[ABOUT ME](#)[SCHEDULE APPOINTMENT](#)

Awards & Appreciation

It's Easy To Get Fit!

- Conveniently Located
- ADA Accessible
- Complimentary parking
- Reasonable pricing
- Online scheduling & Payments
- Dedicated & Professional care

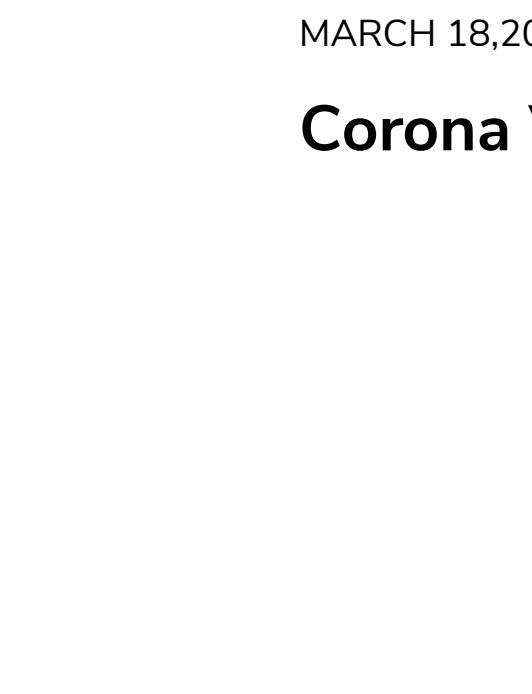


About

Welcome to Fit Acupuncture!

Fit Acupuncture is the private practice of Tyler Martin, Licensed Acupuncturist and Eastern Medicine Practitioner with over 15 years of experience in the field.

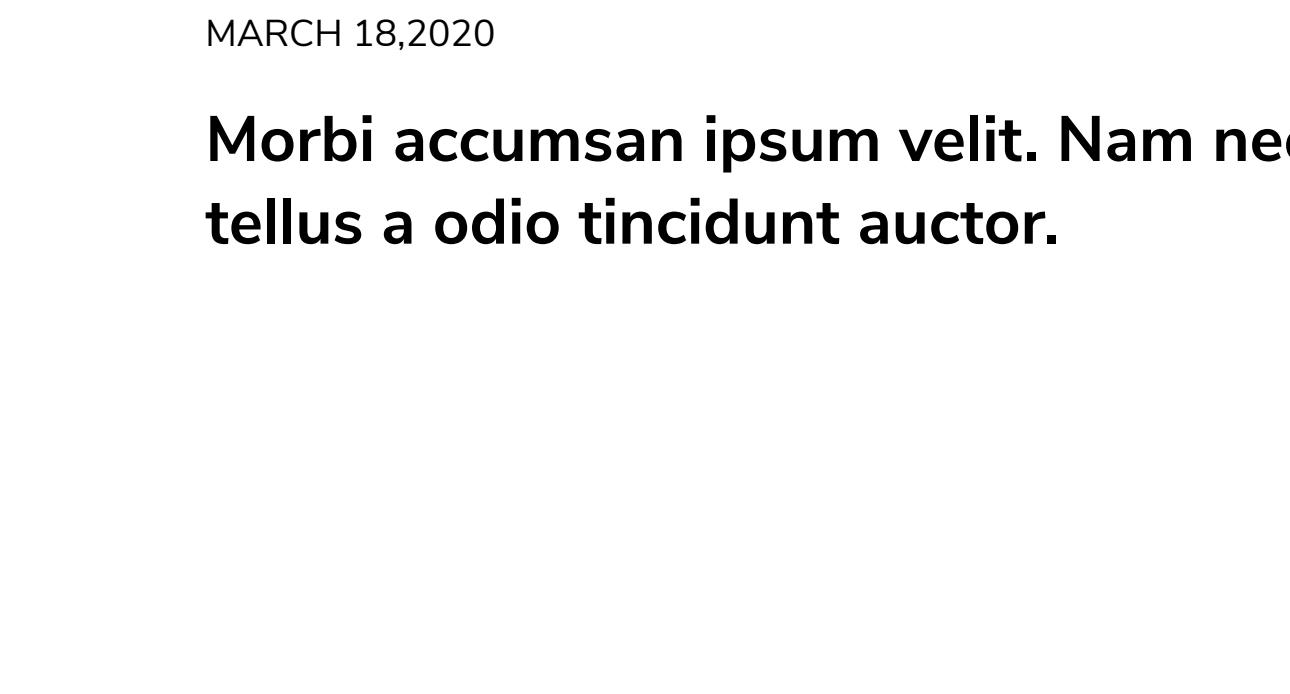
Tyler utilizes a specialized combination of Acupuncture and Tui-Na (Traditional Chinese massage) to promote circulation and balance the nervous system in a safe and effective method to eliminate pain.

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MARCH 18, 2020
Corona Virus Risk Reduction Closure

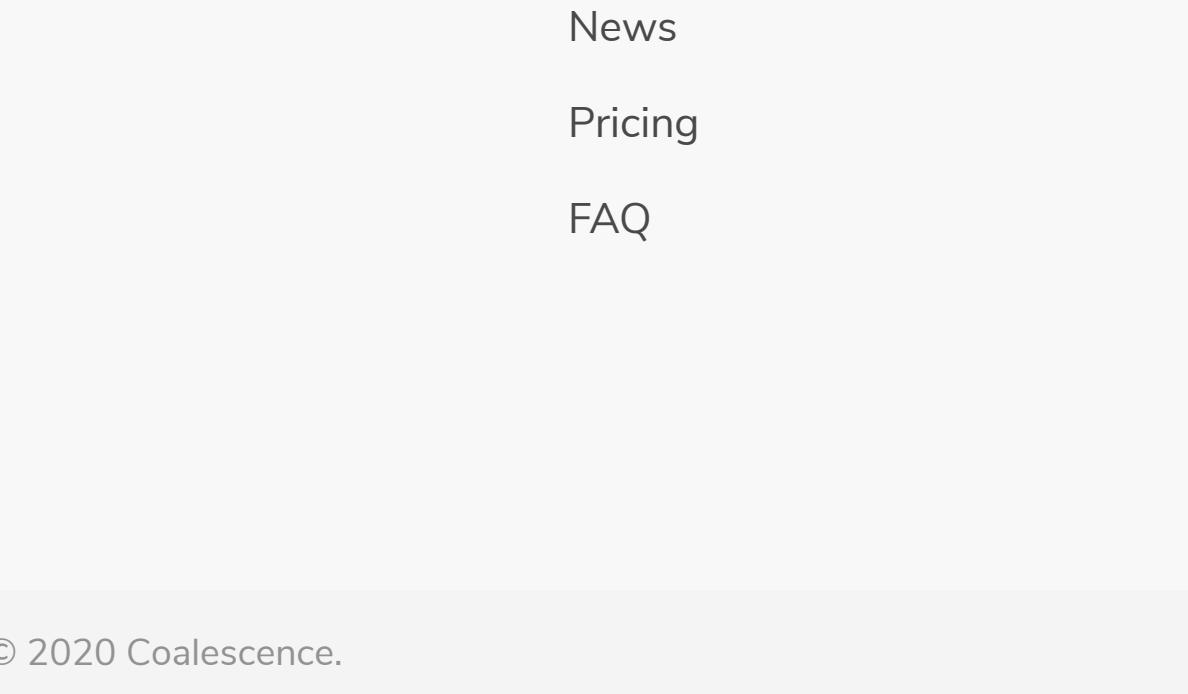


MARCH 18, 2020
Fit Acupuncture has moved!



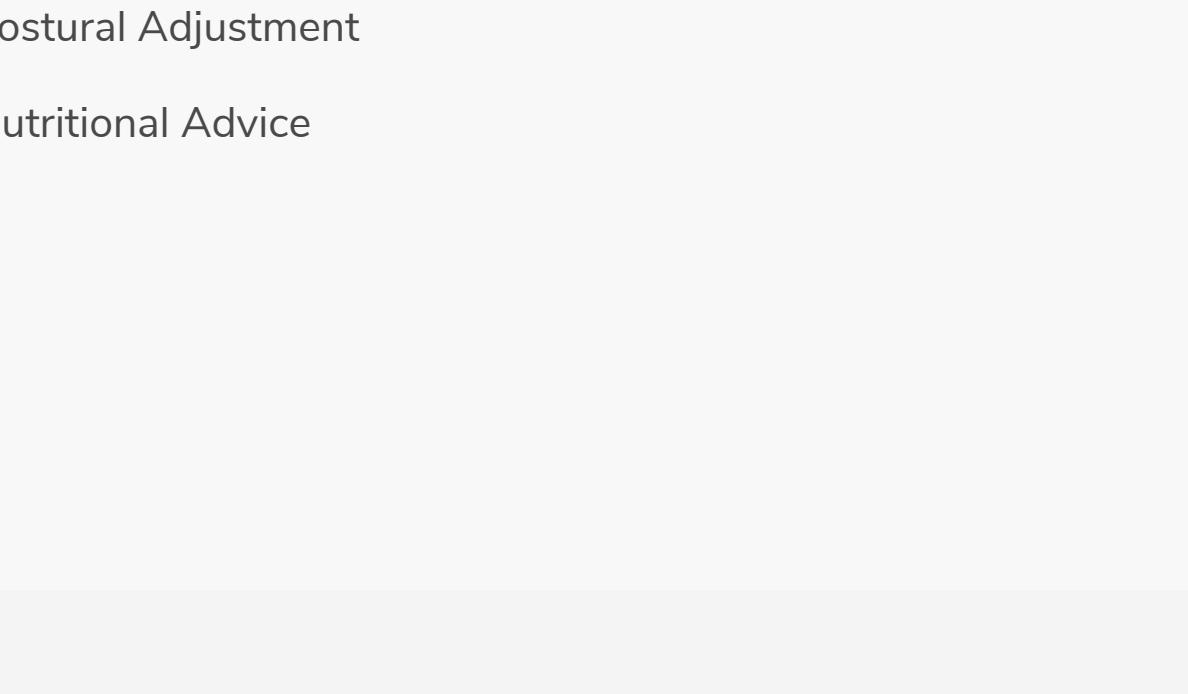
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Morbi accumsan ipsum velit. Nam nec tellus a odio tincidunt auctor.

News & Blog



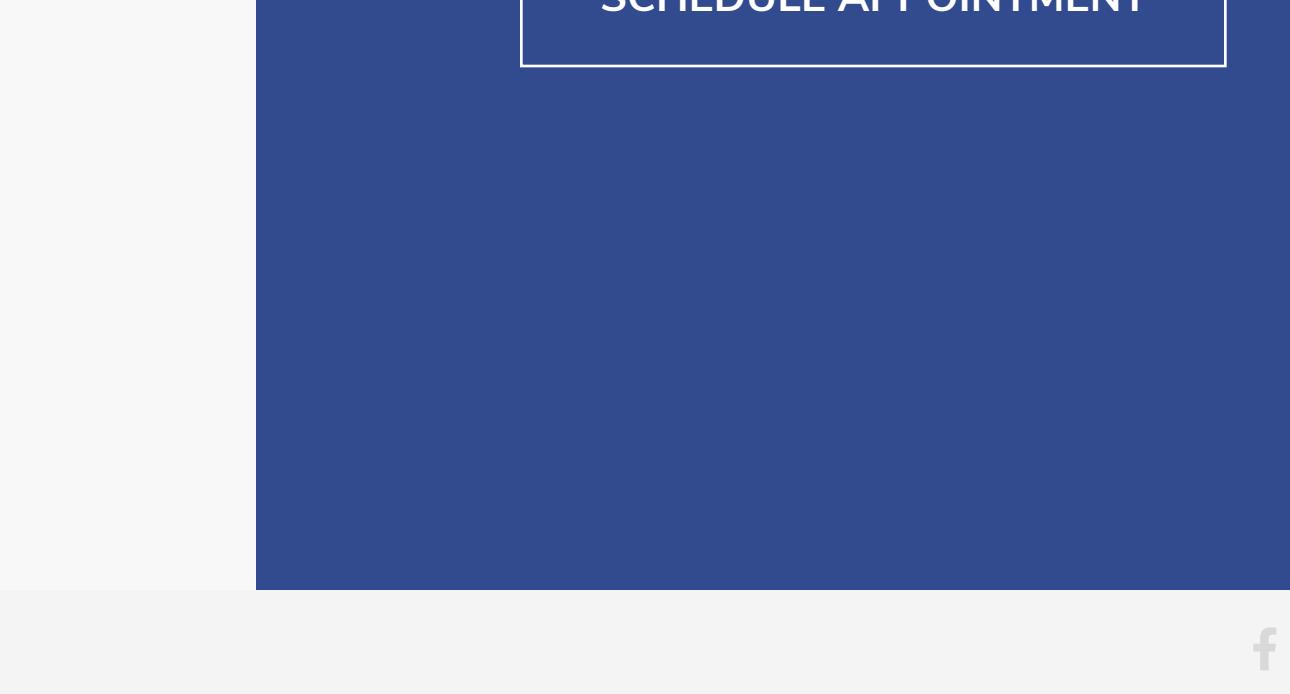
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Corona Virus Risk Reduction Closure



MARCH 18, 2020

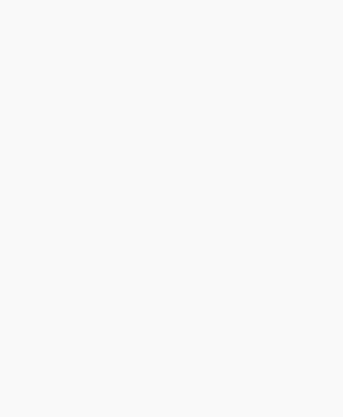
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Get Started And Schedule Your Appointment Online!

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Monday, Thursday, & Friday 9:00am to 5:00pm

Saturday 9:00am to 2:00pm

206.582.3469

info@fit-acupuncture.com

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**Please use the "About" from
the Word document
That I sent over. This content is
from the existing website. **

About Fit Acupuncture

At Fit Acupuncture, we strive to create an environment of professionalism, serenity and healing. Located in the heart of Ballard, we are committed to providing exceptional service to our patients by practicing medicine that is mindful, precise, and creates lasting results. Tyler Martin, L.Ac.

EAMP utilizes considerable knowledge and experience in order to provide the best quality care in natural and holistic medicine.

Acupuncture and Traditional Chinese Medicine offer a safe and effective means for treating a wide variety of health conditions. Acupuncture works by promoting circulation and balancing the nervous system to help normalize muscle function, decrease inflammation, and promote wellness.

At Fit Acupuncture, we combine acupuncture with the many modalities of Traditional Chinese medicine including Tui-Na Massage, Acupressure, Cupping, Chinese Herbal medicine, postural adjustments, and stretching & strengthening exercises to further address the root of the condition and create sustainable and lasting changes.

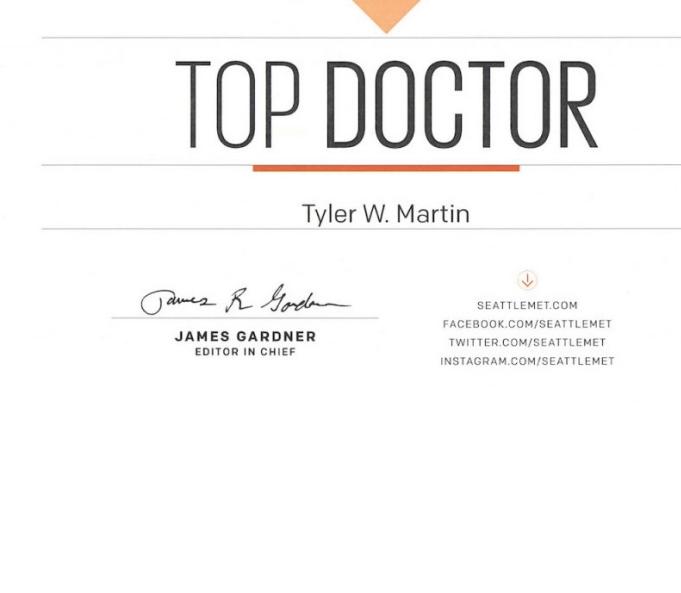


Tyler Martin, L.Ac. EAMP

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A B O U T U S

Awards & Appreciation



Schedule An Appointment At Fit Acupuncture:

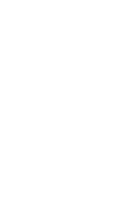
**The goal is to direct patients to schedule online
Using the online scheduling tool that is through
the "schedule an appointment" link. There can be a simple "contact"
Form but we do not need DOB field, therapist field (its only me), service field,
Only contact.

Name	E-Mail Address
Jose Marshall	Jose Marshall
Date of Birth	Phone No.
Jose Marshall	Jose Marshall
Service	Therapist
Acupuncture	Tyler Martin
Message	
Write Something...	

If you would like us to verify your insurance benefits prior to your visit
please provide the following information:

**We do not accept insurance. Please remove this form.

Insurance Company	Plan
Your insurance company	What is your plan
Group	Home Address
Your insurance company	Your insurance company

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WHAT WE DO

Our Services

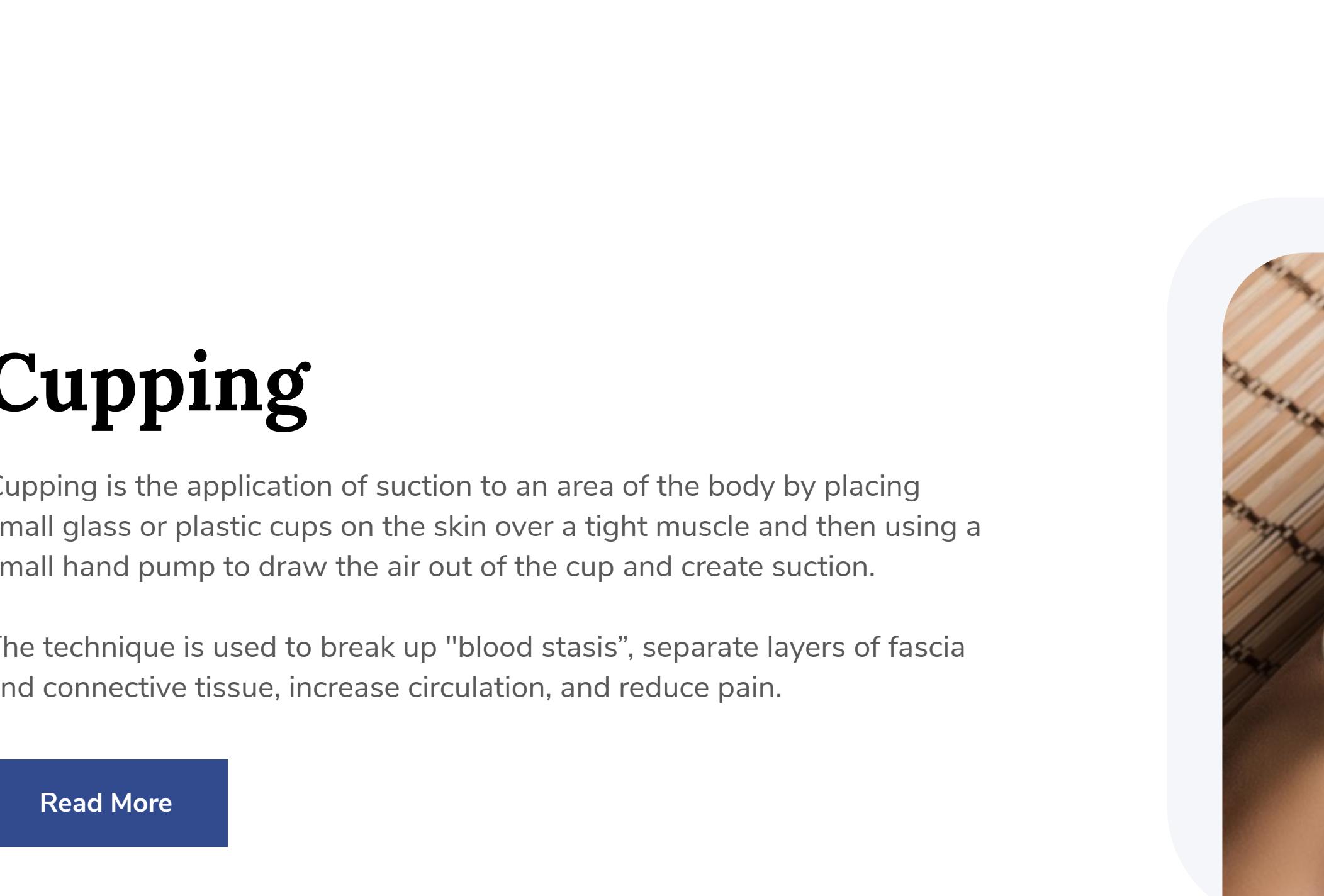
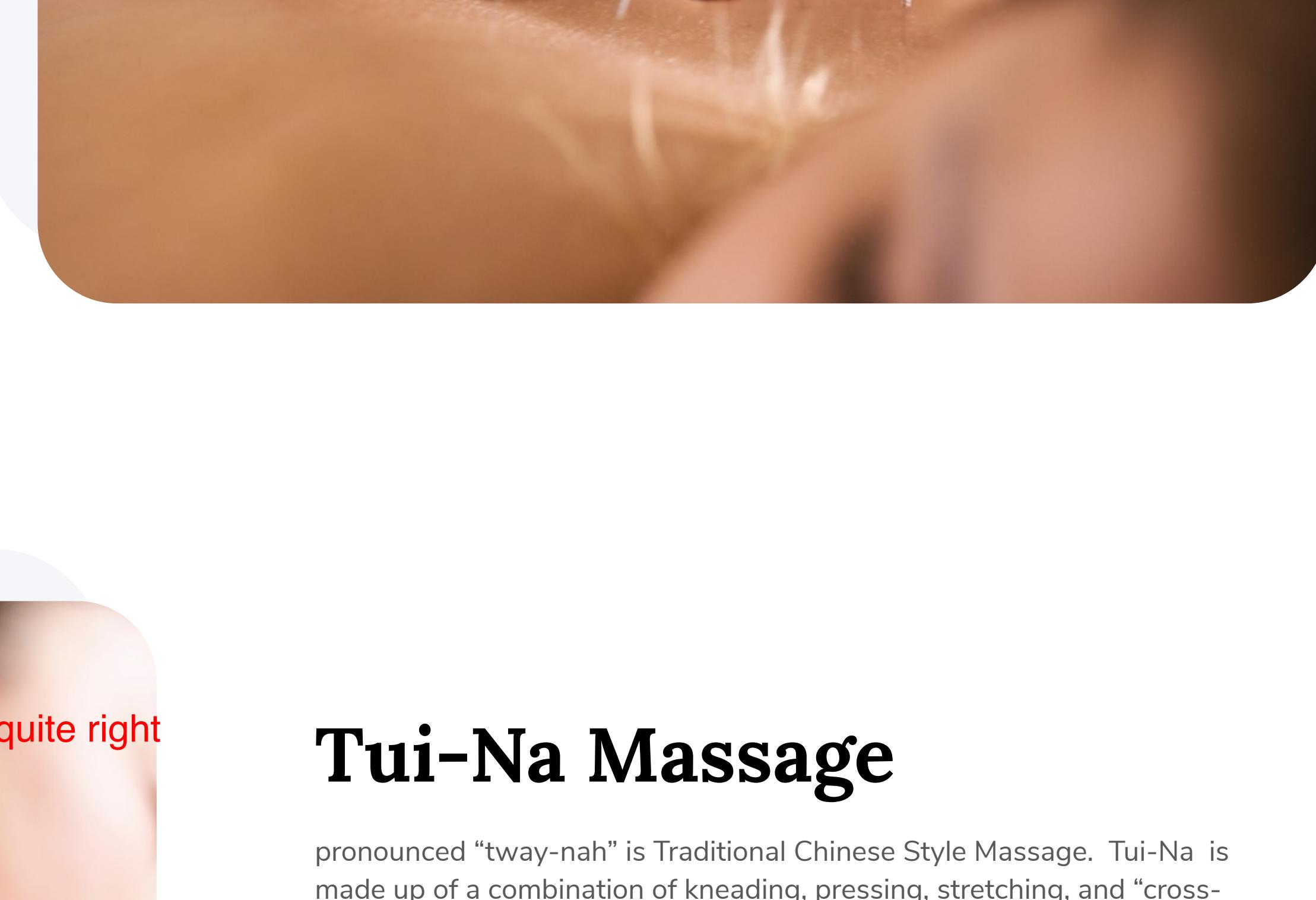
We offer a suite of services that compliment each other to alleviate pain by restoring balance to your body.

Acupuncture

is the insertion of exceptionally thin filiform stainless steel needles into precise points around the body. The points are chosen based on a particular "imbalance" or "pattern of disharmony" as determined by the practitioner.

The goal of the treatment is to alleviate symptoms by restoring balance.

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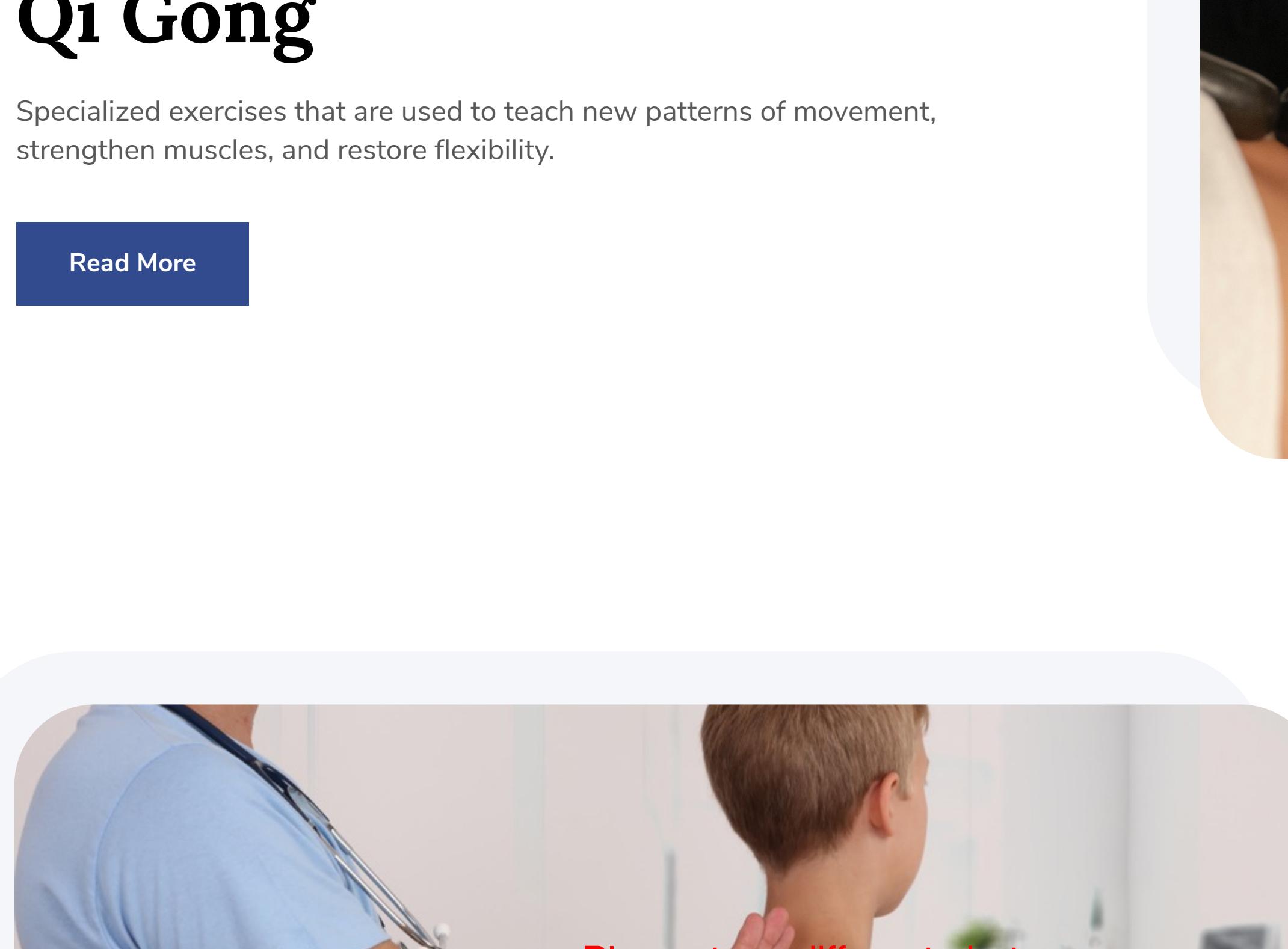
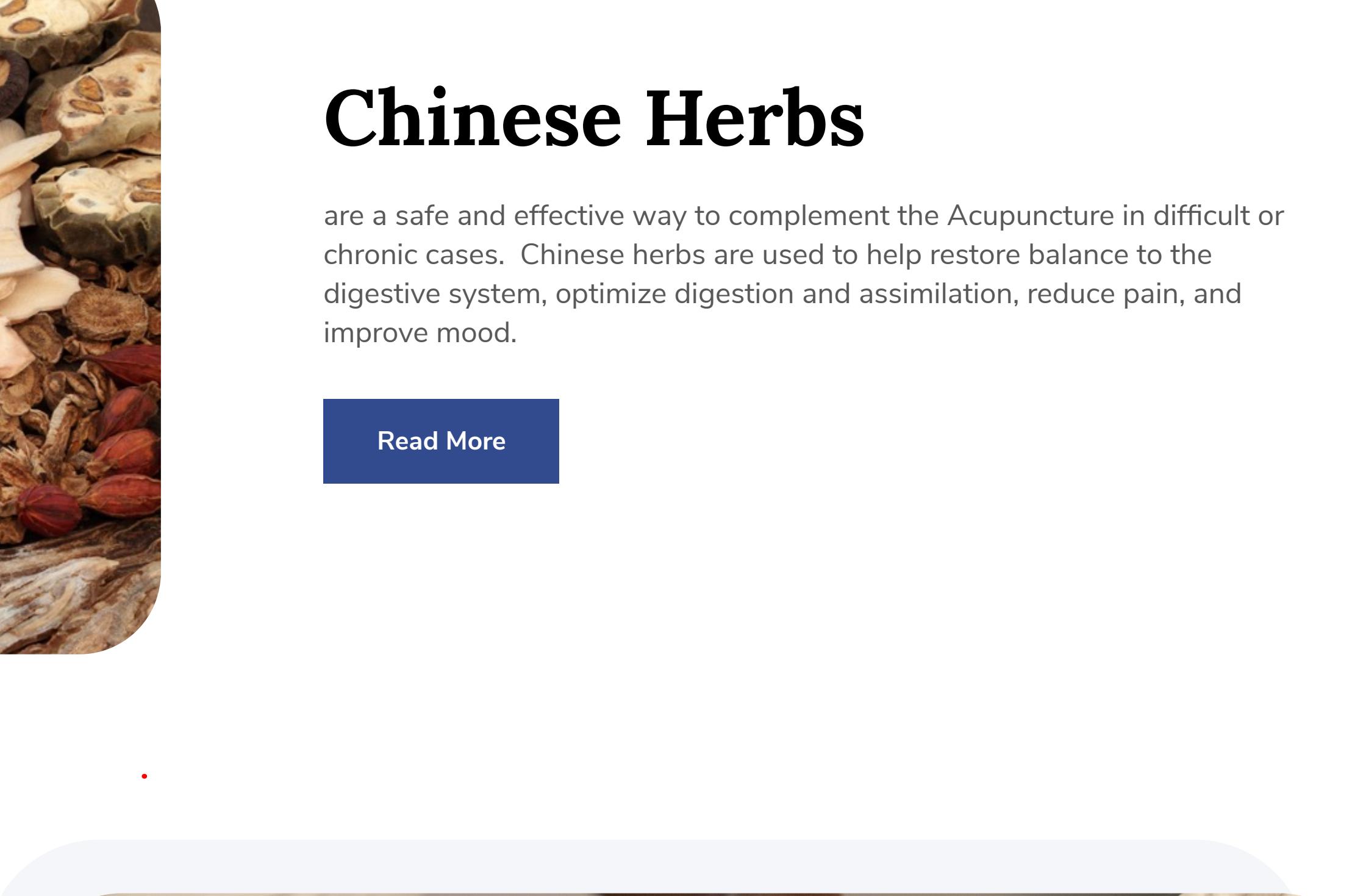


Cupping

Cupping is the application of suction to an area of the body by placing small glass or plastic cups on the skin over a tight muscle and then using a small hand pump to draw the air out of the cup and create suction.

The technique is used to break up "blood stasis", separate layers of fascia and connective tissue, increase circulation, and reduce pain.

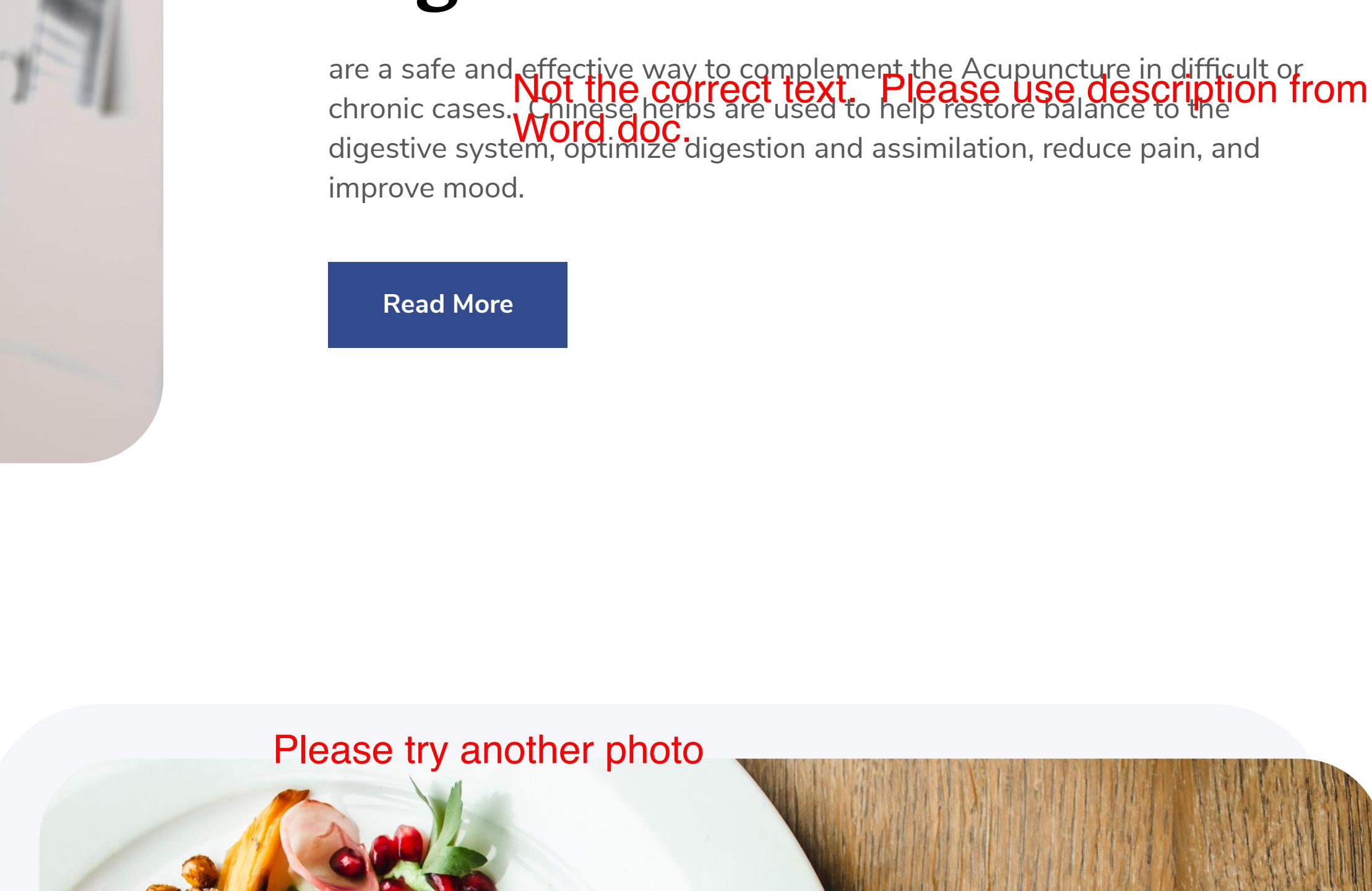
[Read More](#)



Therapeutic Exercise/ Qi Gong

Specialized exercises that are used to teach new patterns of movement, strengthen muscles, and restore flexibility.

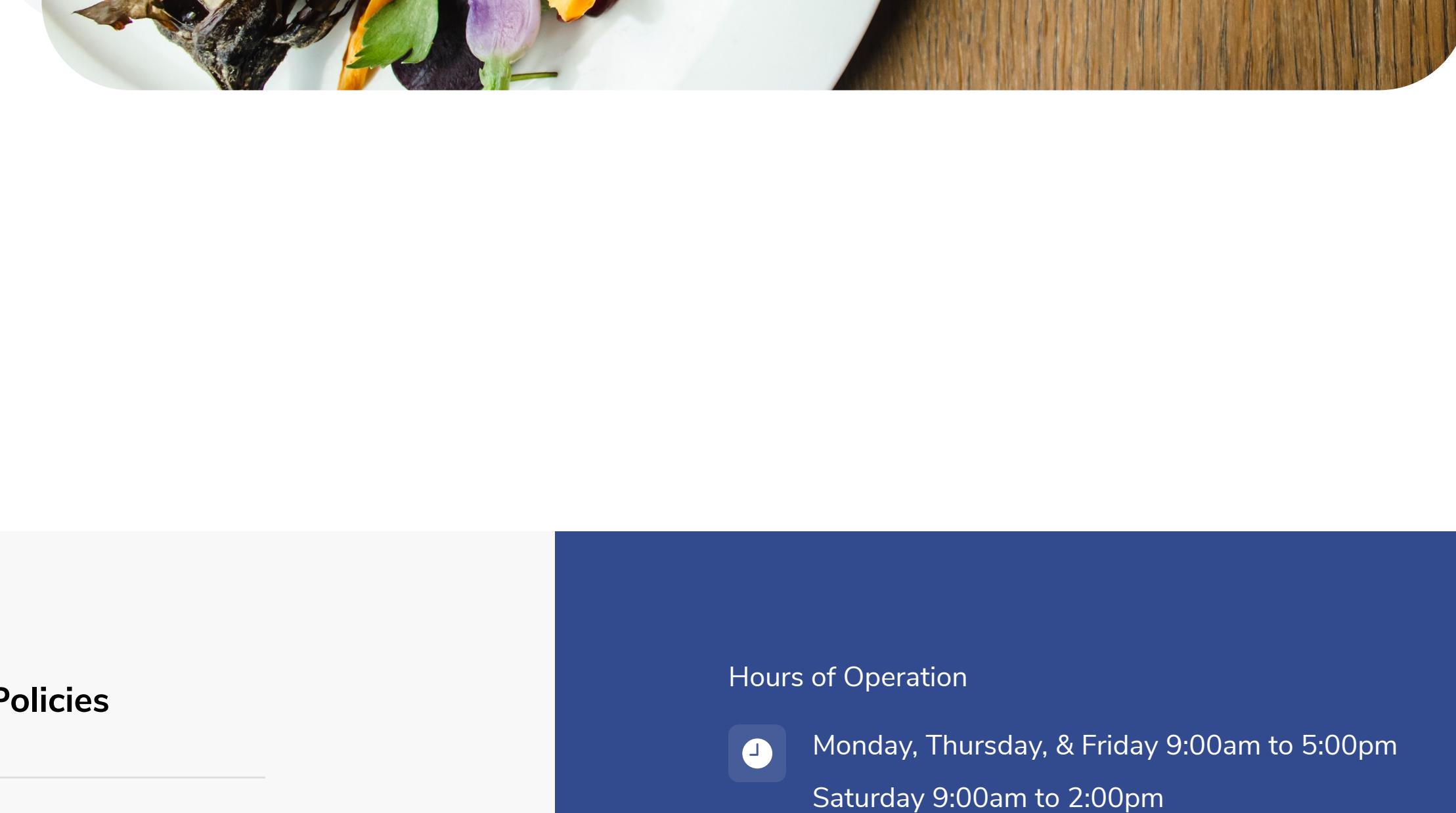
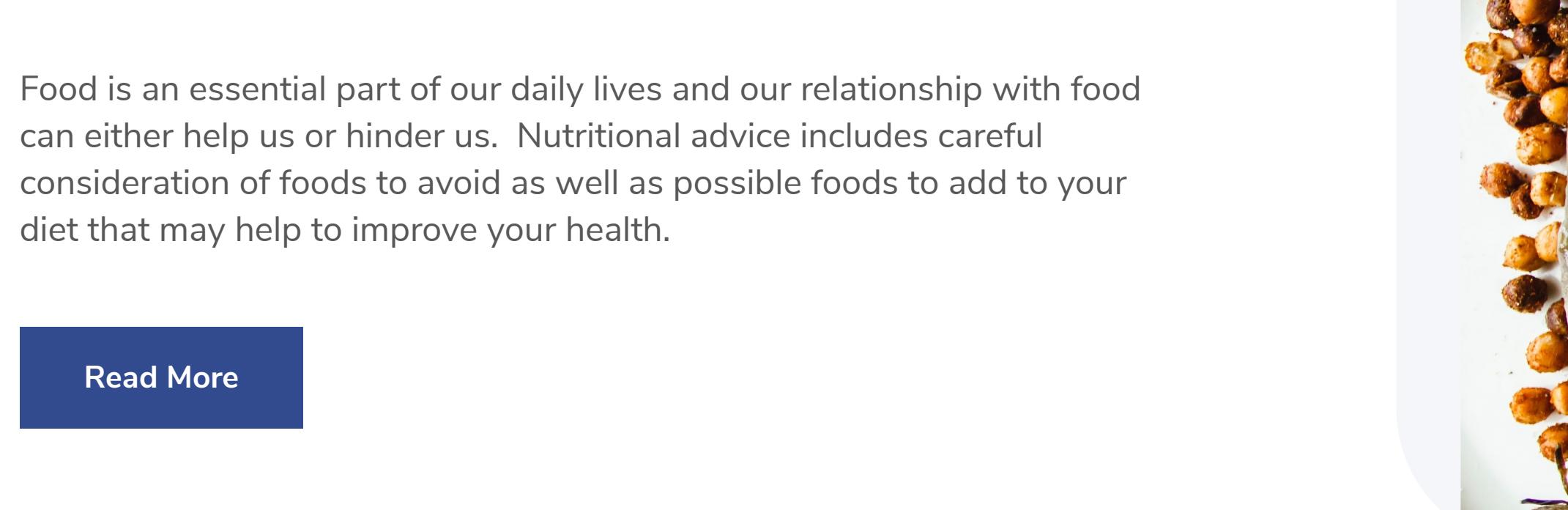
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Nutritional Advice

Food is an essential part of our daily lives and our relationship with food can either help us or hinder us. Nutritional advice includes careful consideration of foods to avoid as well as possible foods to add to your diet that may help to improve your health.

[Read More](#)



Postural Adjustment/ Ergonomics

are a safe and effective way to complement the Acupuncture in difficult or chronic cases. Chinese herbs are used to help restore balance to the digestive system, optimize digestion and assimilation, reduce pain, and improve mood.

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SERVICES

Acupuncture

Acupuncture

Acupuncture and Traditional Chinese Medicine offer a safe and effective means for treating a wide variety of health conditions. Acupuncture works by promoting circulation which helps to normalize muscle function and to decrease inflammation. Additionally acupuncture promotes the release of endorphin's which helps to calm the nervous system, improve sleep, and promote healing. At FIT Acupuncture, we combine acupuncture with the many modalities of Traditional Chinese medicine including Tui-Na Massage, Acupressure, Cupping, Chinese Herbal medicine, postural adjustments, and stretching & strengthening exercises to further address the root of the condition and create sustainable and lasting changes.



Frequently Asked Questions

- What to expect at an Acupuncture visit.

Please use text from Word doc. These questions are answered in "new patient guide". Ok to have a FAQ page but should be separate and will need a hyperlink at the top to go to it. Should not be specific to Acupuncture page and will likely include other information such as "do we bill Insurance" etc.

The initial appointment includes an interview, diagnosis, and treatment and lasts for about one hour. Follow-up appointments last about 45 minutes. The frequency and duration of treatment depends on the type of issue being addressed. In general, acute injuries require 1-2 treatments per week over the course of 2-3 weeks, while more chronic issues will require treatment on a weekly basis for an average of 8-10 weeks. During the initial intake your practitioner will give you a prognosis for treatment of your specific condition and answer any questions you may have.

+ What does acupuncture feel like?

+ What kinds of conditions does Acupuncture treat?

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OUR BLOG

News

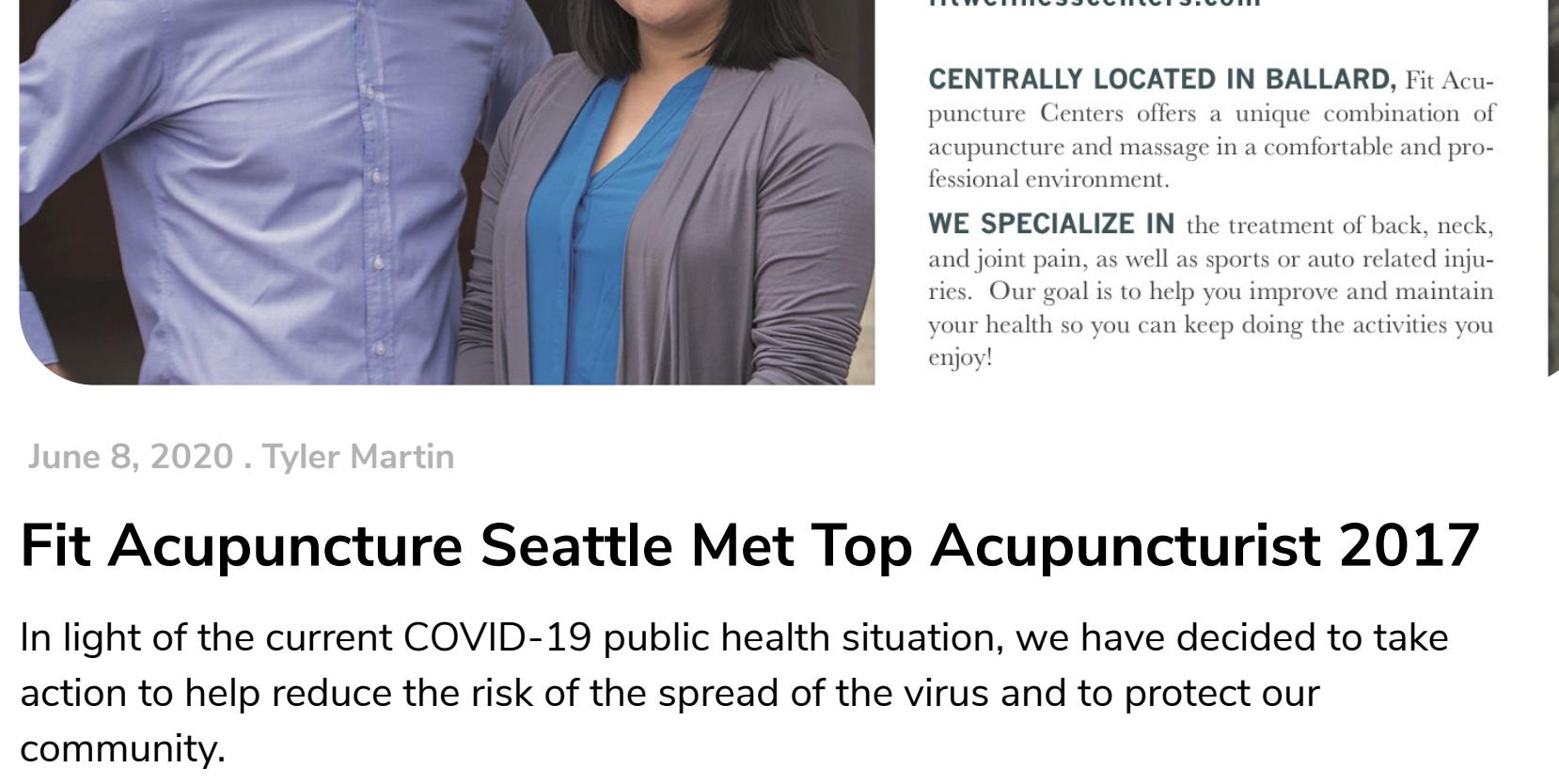
Fit Acupuncture Is Open!



June 8, 2020 . Tyler Martin

Corona Virus Risk Reduction Closure

In light of the current COVID-19 public health situation, we have decided to take action to help reduce the risk of the spread of the virus and to protect our community.

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June 8, 2020 . Tyler Martin

Fit Acupuncture Seattle Met Top Acupuncturist 2017

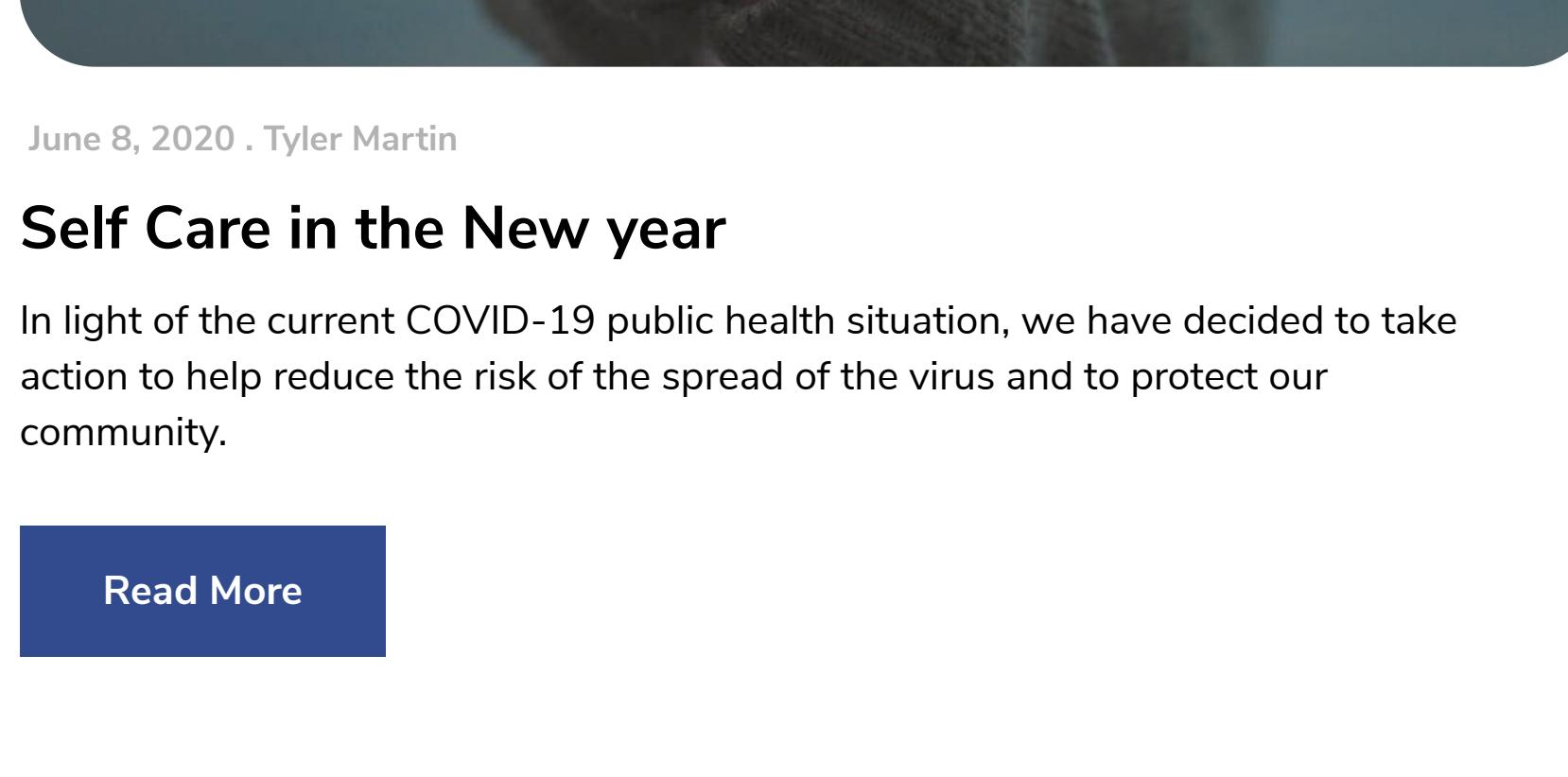
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June 8, 2020 . Tyler Martin

New American College of Physicians Guideline for Back..

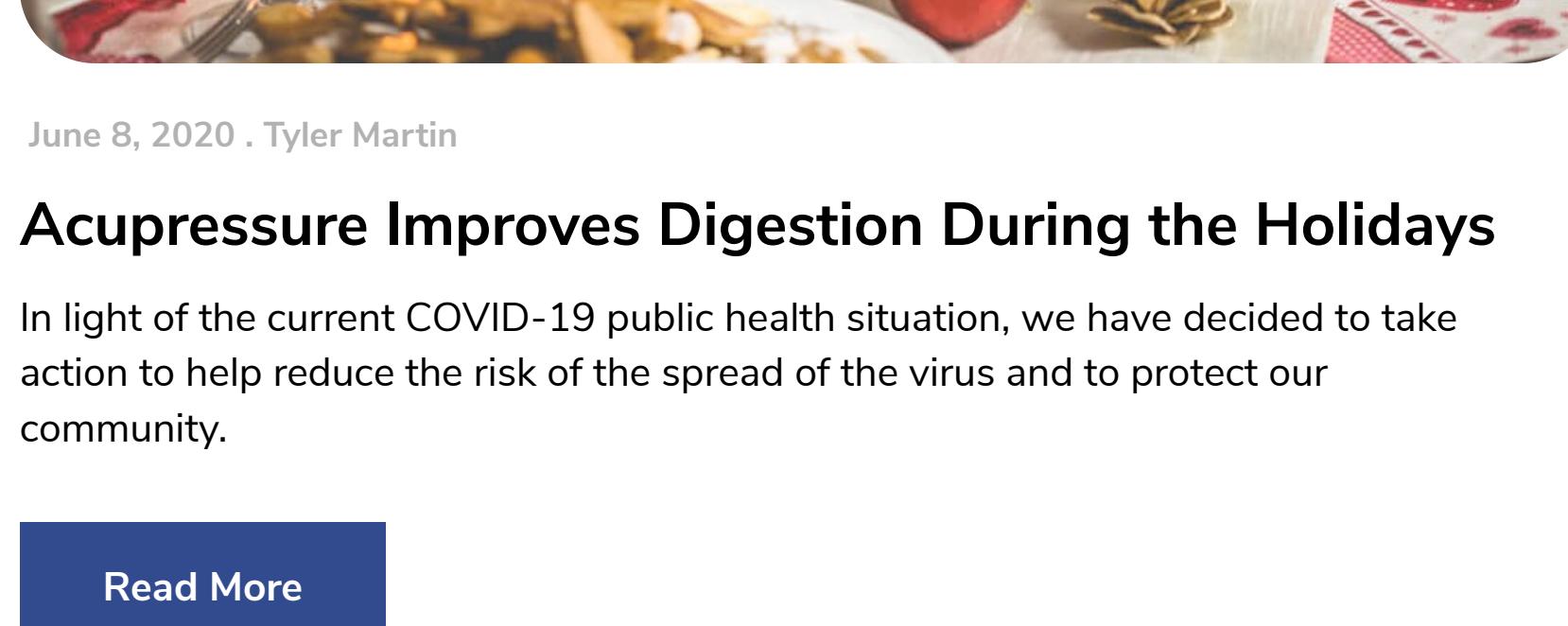
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June 8, 2020 . Tyler Martin

Self Care in the New year

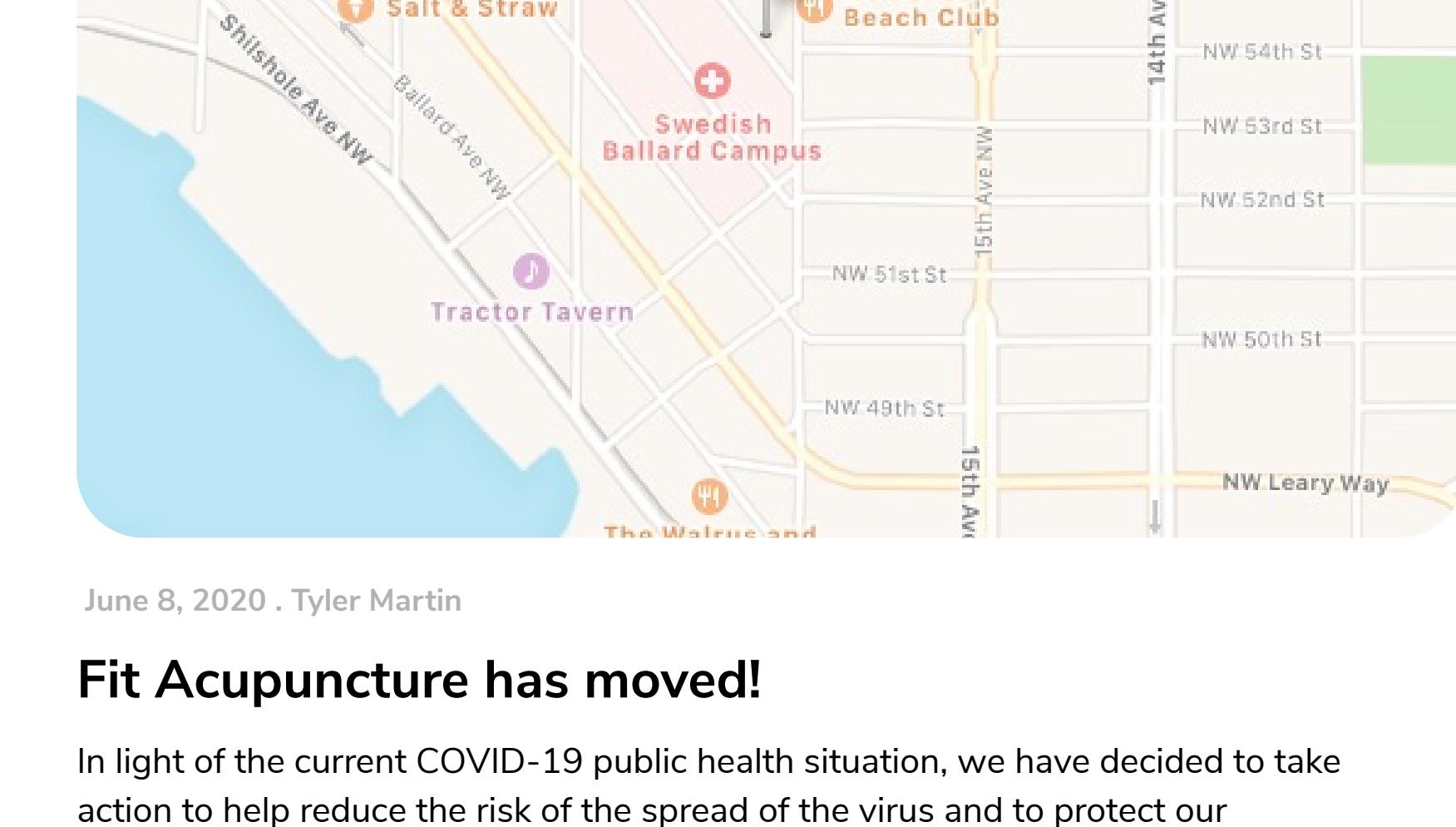
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June 8, 2020 . Tyler Martin

Acupressure Improves Digestion During the Holidays

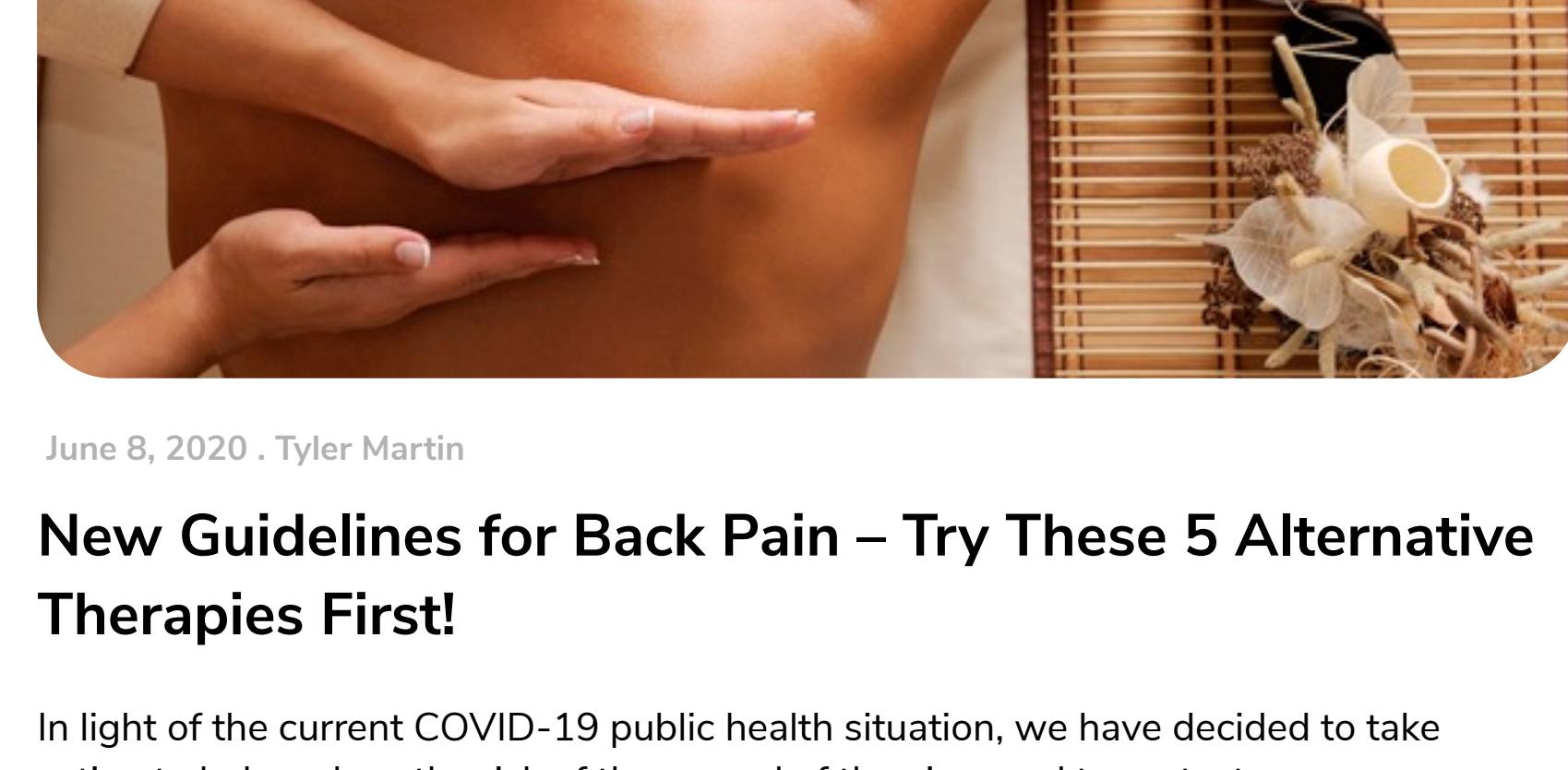
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June 8, 2020 . Tyler Martin

Fit Acupuncture has moved!

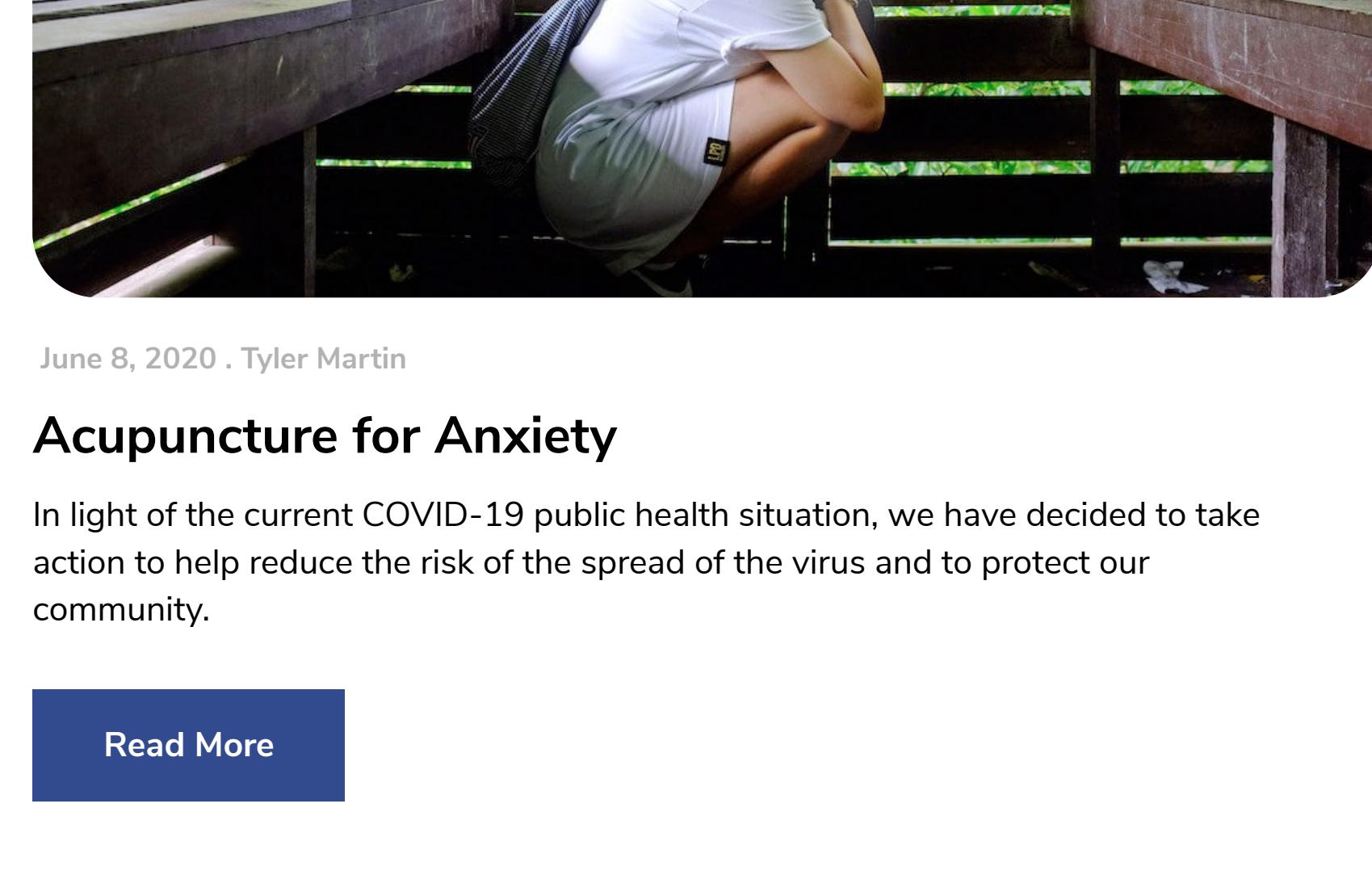
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June 8, 2020 . Tyler Martin

New Guidelines for Back Pain – Try These 5 Alternative Therapies First!

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June 8, 2020 . Tyler Martin

Acupuncture for Anxiety

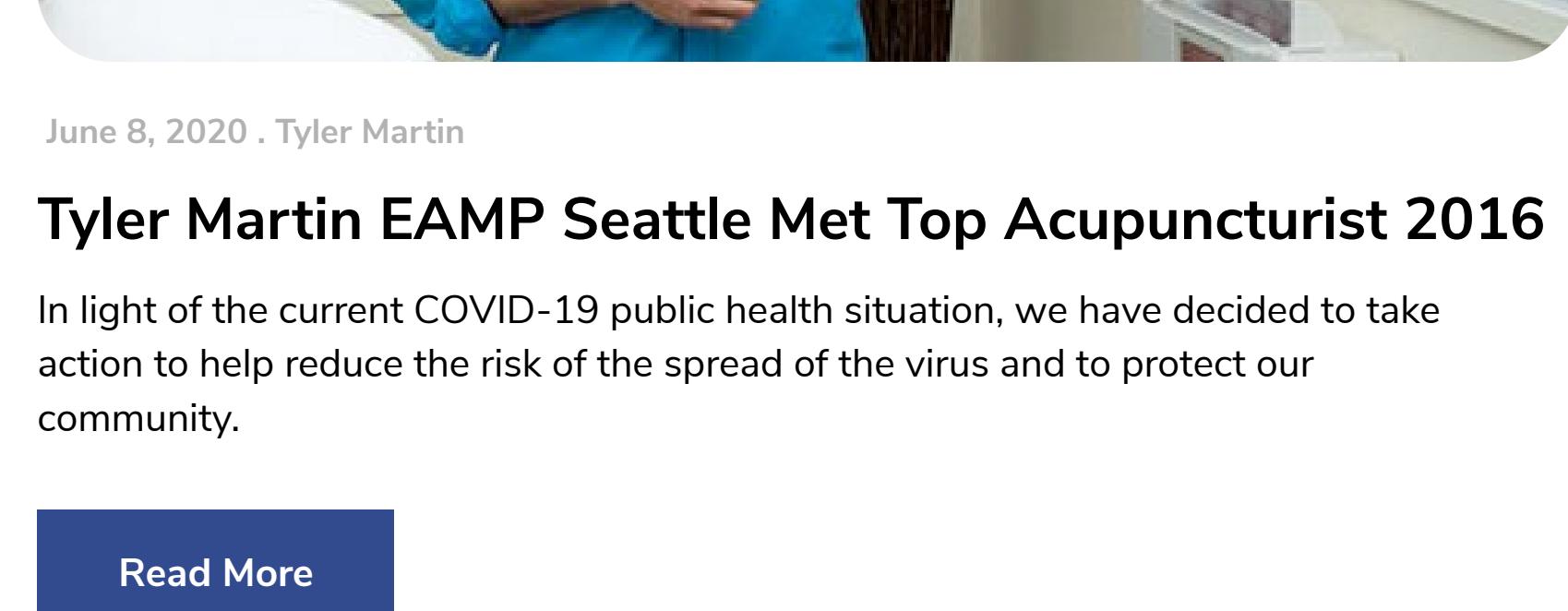
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June 8, 2020 . Tyler Martin

Chinese Herbs Enhance Digestion during the Holidays

In light of the current COVID-19 public health situation, we have decided to take action to help reduce the risk of the spread of the virus and to protect our community.

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June 8, 2020 . Tyler Martin

Tyler Martin EAMP Seattle Met Top Acupuncturist 2016

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Corona Virus Risk Reduction Closure

JUNE 8, 2020 . TYLER MARTIN

Text does not match article title

Congratulations to Tyler Martin EAMP, LAc, Fit Acupuncture Seattle Met Top Acupuncturist 2017, voted by peers in the Seattle medical community as a leading complimentary and alternative medicine provider in East Asian Medicine, Acupuncture, and Chinese Herbal Medicine! This is the 3rd time in four years that Fit Acupuncture has won this award. In 2015 Tyler took on an associate acupuncturist Phonexay Lala Simon EAMP, LAc as Fit Acupuncture has continued to grow into a thriving integrative medicine practice.

Tyler is an experienced practitioner of yoga and the Chinese martial arts of kung fu and Qi gong. Through his diligent training and practice, Tyler has developed a unique understanding of body mechanics, breath, and movement, which he incorporates into each of his treatments.Tyler Martin Acupuncture in Ballard

It is with great enthusiasm and compassion that Tyler attends to each of his patients, working with them to achieve their optimal health goals by developing & carrying out a treatment plan that is personalized and effective.

Tyler Martin is the Clinic Director of Fit Acupuncture at Acupuncture clinic located in old Ballard. Try Acupuncture today and schedule a visit with Seattle Met Top Acupuncturist 2017, 2016 and 2014.

Source: Seattle Met's Top Doctor 2017 <https://www.seattlemet.com/doctors/tyler-w-martin>

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Recent Articles

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Feb 23,2020

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Acupuncture for Anxiety

Feb 23,2020



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Patient Information

Welcome to fit Acupuncture!

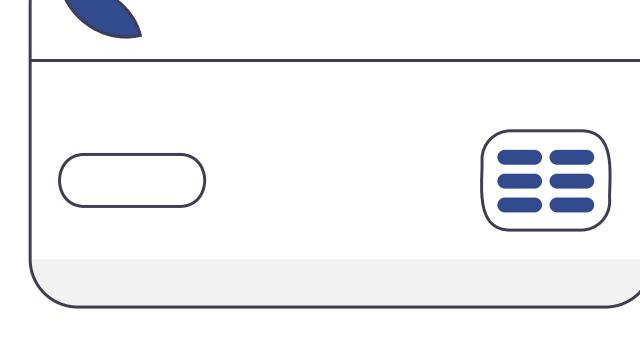
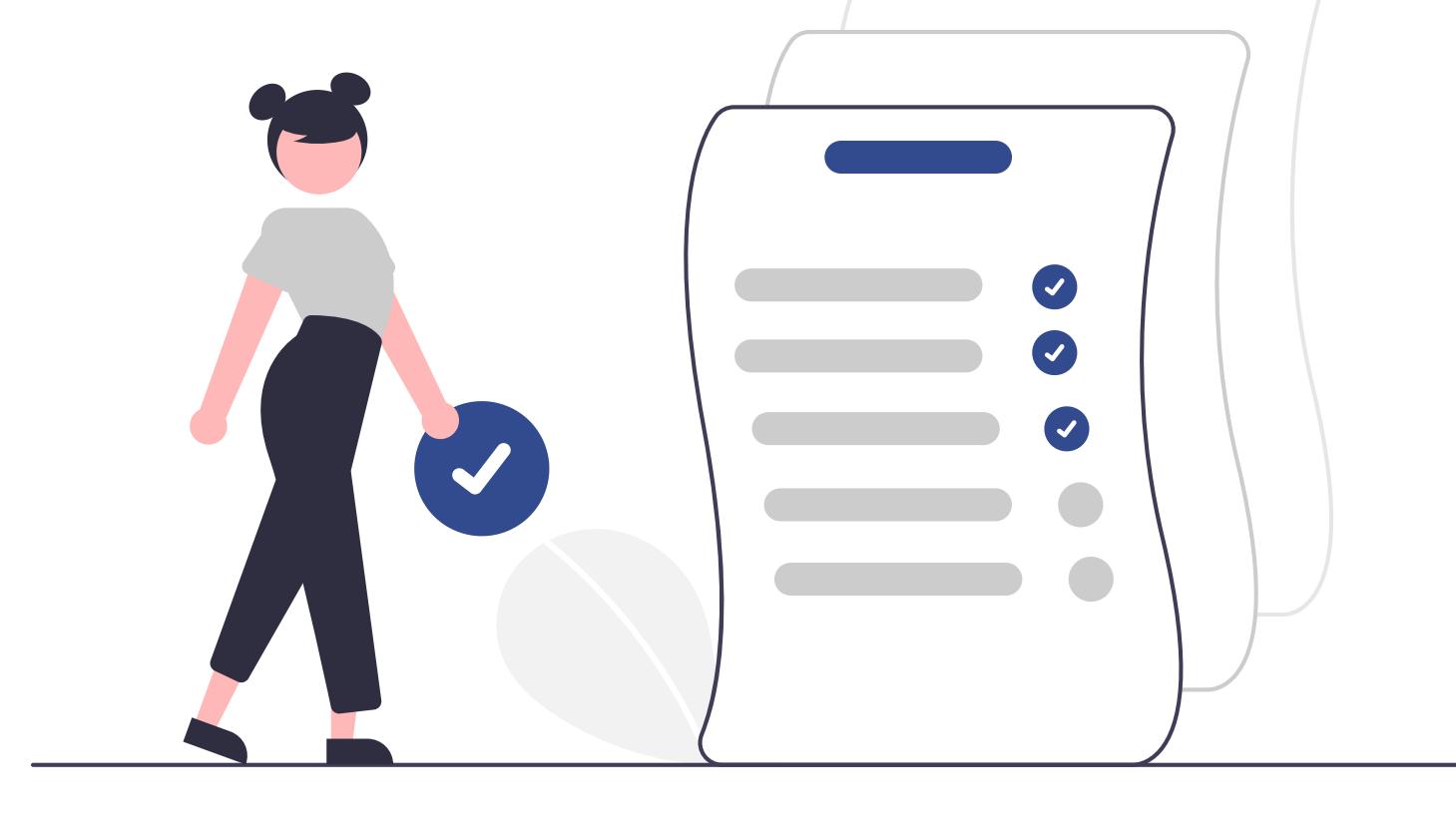
Let's begin your journey to feeling Calm, Flexible, and Strong

Schedule An Appointment

[Link to appt scheduler](#)

Scheduling an appointment at Fit Acupuncture is quick and easy using our online scheduling system. Please take a look at the schedule here to find the time that is convenient for you.

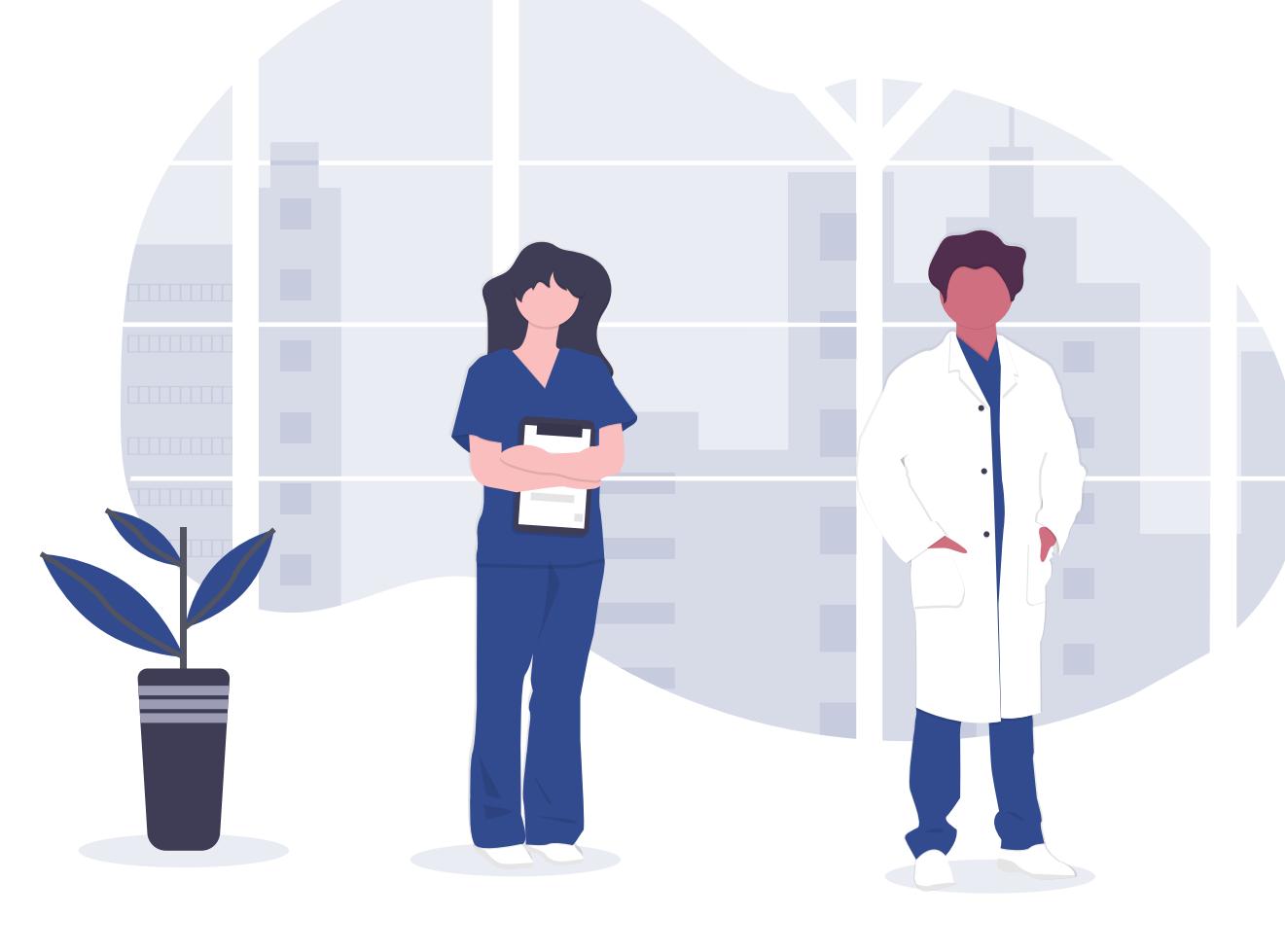
In the event that you need to cancel or change your appointment please call or send us an email and we will change the appointment for you. Appointment cancellation requires 24 hours notice, please visit our "cancellation & lateness" page to learn more.



Pricing

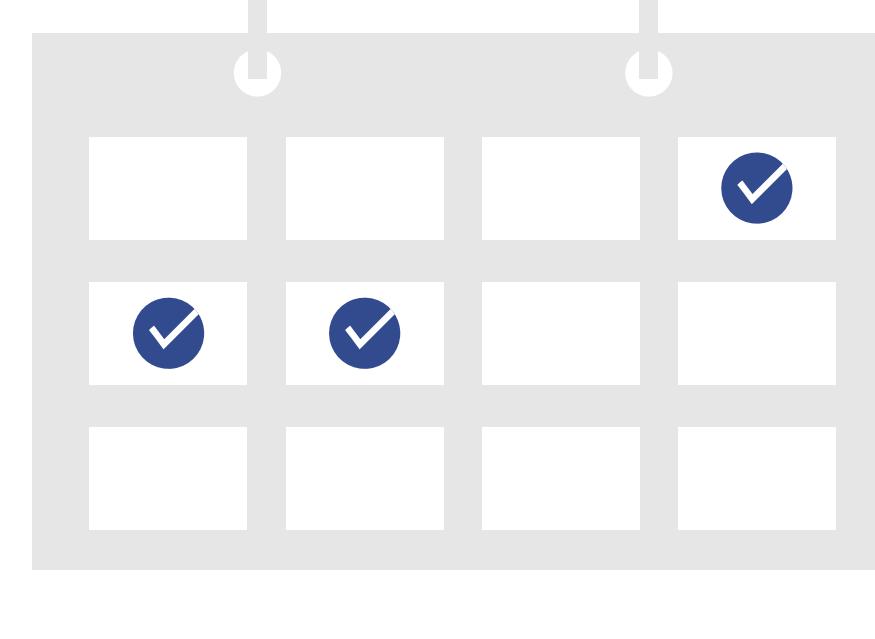
Fit Acupuncture offers safe, effective, and affordable treatment for pain. We have several options available for treatment and your practitioner will work with you to discuss the best option to treat the issues you are dealing with. Please visit our pricing page to learn more.

[Link to pricing page](#)



Initial Visit And Acupuncture Treatment

During your first consultation, we will review your health history and chief complaints, cover some basics regarding acupuncture and Traditional Chinese Medicine, and discuss a course of care for the issues you are dealing with. Treatment will begin with acupuncture and is usually followed with massage or cupping and personalized recommendations for stretching, exercise, or lifestyle and postural adjustments.



Follow-Up Visits

Your follow up appointment is similar to the first and will begin with a short consultation followed by an acupuncture and massage treatment. The consultation reviews how the first treatment went, follows up on any items not covered, and answers any questions that may have come up. Additional modalities may be used if needed and we will review and refine exercises and adjustments.



Continued Care

Additional visits will follow a similar format, beginning with a brief consultation and followed by treatment. We will review your progress and make adjustments to our treatment as needed. Exercise, lifestyle, and postural adjustments may be added as needed and we will continue to refine our treatment for optimal results. Some cases may require the addition of Chinese Herbal Medicine and your practitioner will discuss these options with you.



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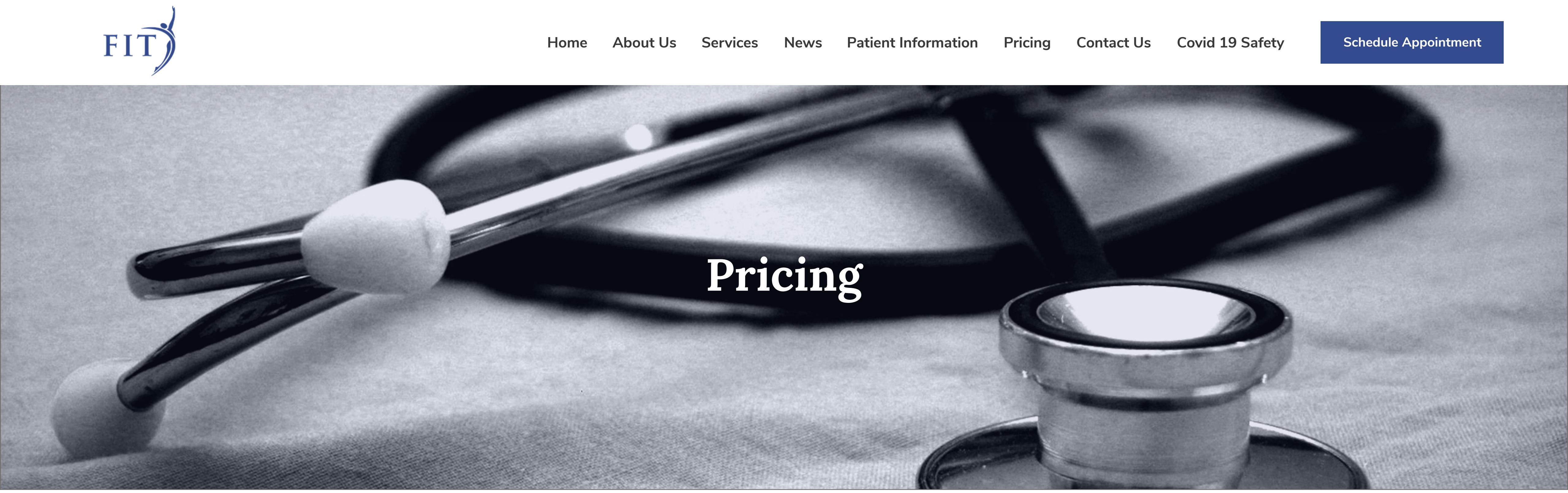
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Pricing

New Patient

\$125

New patient-Single Visit

Includes in-depth evaluation, diagnosis, and treatment

SCHEDULE APPOINTMENT

\$320

New patient-package

(initial assessment and two follow-up visits)

Including in-depth evaluation, diagnosis, and treatment. This package is great for those new to acupuncture to see how a series of visits can create lasting change and alleviate pain. Also great for those looking to treat an acute issue such as low back strain, stiff neck, or pulled muscles.

Please remove this option.

SCHEDULE APPOINTMENT

\$105

Single Visit

Includes in-depth evaluation, diagnosis, and treatment

SCHEDULE APPOINTMENT

\$89 /mo

Monthly Maintenance Program

(Includes one visit per month, requires auto-debit from card on file)

Please place "monthly Maintenance program" below packages may be as a wider box like the "single visit".
Unused visits may be used at a later date if different package purchase. Members of the "Monthly Maintenance program" are eligible to purchase additional single visits for the discounted rate of \$89 per visit.

SCHEDULE APPOINTMENT

\$299

3 Visit Package

(5% discount= \$99 per visit)

-A great way to treat many kinds of pain including common problems like lumbar strain or a stiff neck. Acupuncture is a lot like exercise in the sense that trying one time feels good, but after a few sessions is where momentum builds and we begin to see lasting change that can resolve pain.

SCHEDULE APPOINTMENT

\$566

3 Visit Package

(10% discount= \$46 per visit)

Many types of ongoing problems respond well to weekly visits over a 6 week period including "frozen shoulder", chronic neck pain, low back pain & sciatica. This is also a good choice for anxiety issues, stress, migraine headaches, and digestive issues.

SCHEDULE APPOINTMENT

\$893

10 Visit Package

(15% discount= \$89 per visit)

Perfect for any kind of chronic problem or significant pain from an acute issue. Problems that have developed over the course of many years take time to treat and choosing this package is the opportunity to make a change and begin the journey to becoming free from pain.

SCHEDULE APPOINTMENT

Please group packages together as a row of choices

Please visit our [Financial Policy](#) page to learn more about our financial policies

Insurance

Fit Acupuncture is a fee-for-service practice. We do not bill insurance. If you have insurance that covers acupuncture you may request a detailed receipt that you can submit to your insurance for any available out-of-network benefits. Please feel free to use our insurance worksheet to guide you in contacting your insurance and finding out how you might be reimbursed by your plan.

Please make this a download.
Should be titled "Insurance Benefit Worksheet".

Fill The Form



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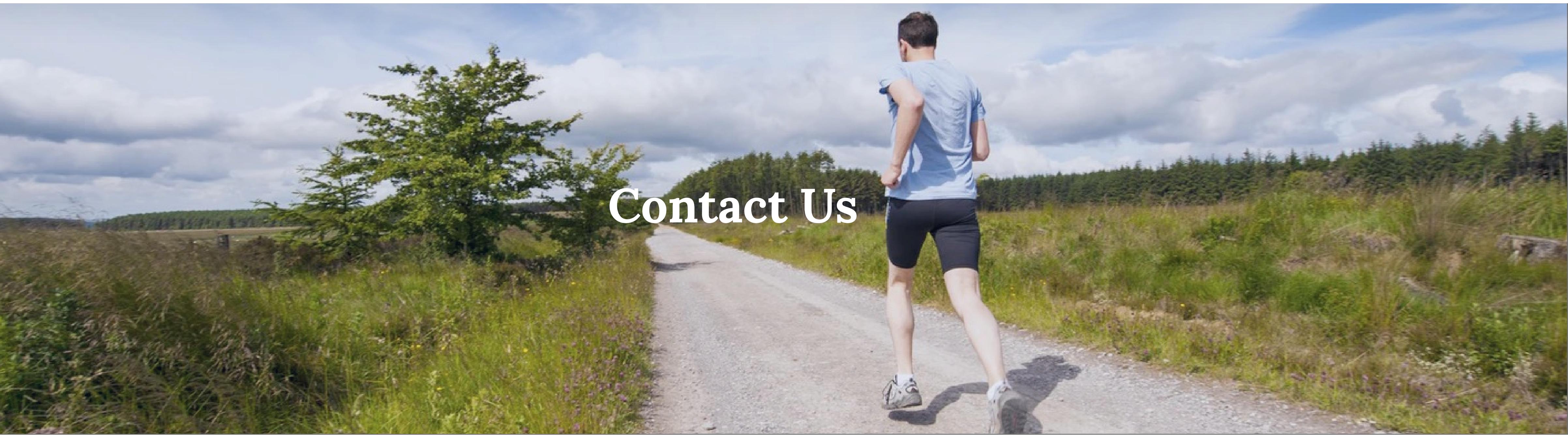
Monday, Thursday, & Friday 9:00am to 5:00pm

Saturday 9:00am to 2:00pm

206.582.3469

info@fit-acupuncture.com

SCHEDULE APPOINTMENT



Contact Us

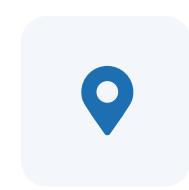
Get in touch with us!



206-582-3469



info@fit-acupuncture.com



5416 Barnes Ave NW
5416 Barnes Ave NW, Seattle,
WA 98107

[SCHEDULE APPOINTMENT](#)

Welcome to Fit Acupuncture contact page. If you have any questions or are requiring service please fill out the form below.

Name

Email Address *

Telephone *

Your message *

[SUBMIT](#)



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Cupping

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Insurance Reimbursement

Insurance Reimbursement Worksheet

Should be a download for patients to use on their own
not a worksheet to submit to us.

Fit Acupuncture is an out-of-network provider for insurance which means that it is not contracted with any insurance companies. This worksheet can help you understand your potential for being reimbursed by your insurance company. After your clinic visit, you will be sent a detailed receipt that contains all the information you need to submit your receipt to your insurance company.

When you call the insurance company (the phone number is often a toll-free number located on the back of your insurance card), select the option to speak with a customer service representative, and then ask the questions listed below.

What are my acupuncture benefits?

Write Something Here

What is my out-of-network percentage of coverage?

Write Something Here

Do I have a deductible?

Yes No

How much is deductible?

Write Something Here

If there is a deductible, what amount has been met?

Write Something Here

[**Insurance only pays once the deductible has been met**](#)

Do I need a written prescription from a doctor?

Write Something Here

Does the prescription need to come from my primary care provider?

Write Something Here

[**If you need a PCP referral, contact your Doctors office**](#)

Do I need prior authorization on file prior to starting acupuncture treatment

[**If you need authorization, begin acupuncture treatment once you have it**](#)

Yes No

If yes, is an authorization on file? Who should request the authorization?

Write Something Here

Is there a specific form I need to be reimbursed? If yes, where is the form?

Write Something Here

[**The form is often located on the insurance website**](#)

To what mailing address should I send documents for reimbursement?

Write Something Here

SUBMIT FORM



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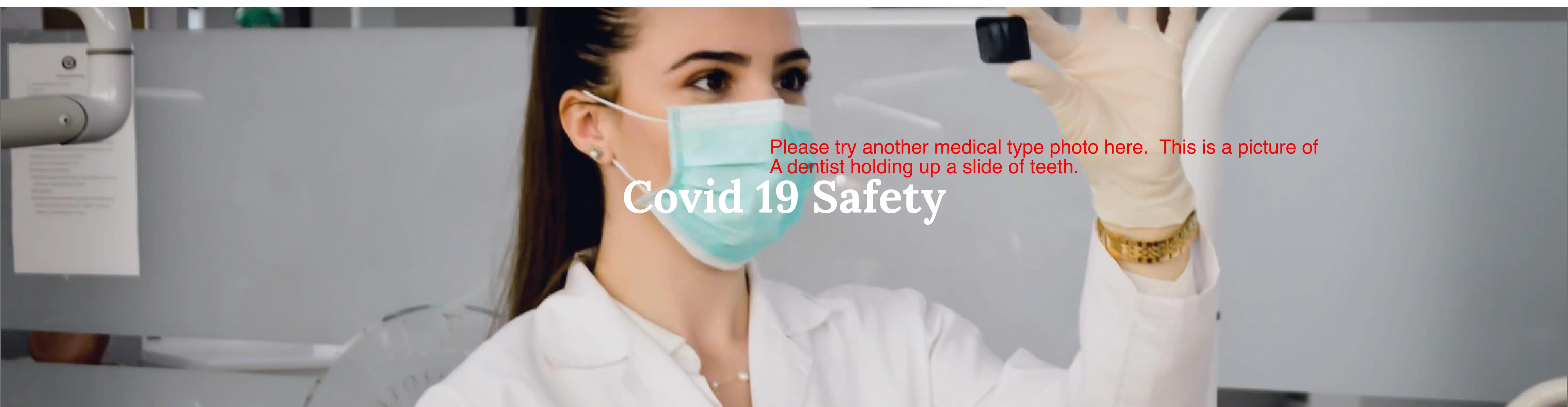
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Please try another medical type photo here. This is a picture of A dentist holding up a slide of teeth.

Covid 19 Safety

Covid 19 Safety

Fit Acupuncture follows all State and Local guidelines to protect the safety of our patients and providers, including:

- Screening all patients and providers
- Temperature checks
- Requiring masks/face-coverings at all times
- Increased sanitization of our facility & high touch surfaces
- Frequent hand washing
- Increasing fresh air and ventilation in treatment rooms
- Limiting the number of people in the clinic to maintain social distancing
- Waiving late cancellation fees for last minute cancellations due to illness or suspected illness



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[SCHEDULE APPOINTMENT](#)

Schedule Appointment

Schedule An Appointment At Fit Acupuncture:

Not necessary, we only need the contact page.

Name	E-Mail Address
<input type="text" value="Jose Marshall"/>	<input type="text" value="Jose Marshall"/>
Date of Birth	Phone No.
<input type="text" value="Jose Marshall"/>	<input type="text" value="Jose Marshall"/>
Service	Therapist
<input type="text" value="Acupuncture"/>	<input type="text" value="Tyler Martin"/>
Message	
<input type="text" value="Write Something...."/>	

If you would like us to verify your insurance benefits prior to your visit please provide the following information:

Insurance Company	Plan
<input type="text" value="Your insurance company"/>	<input type="text" value="What is your plan"/>
Group	Home Address
<input type="text" value="Your insurance company"/>	<input type="text" value="Your insurance company"/>
<input type="checkbox"/> I'm not a robot	
<small>reCAPTCHA</small>	
Privacy - Terms	
<input type="button" value="Submit"/>	



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