

Working Class Acupuncture

Welcome Comrades! We are delighted that you have decided to join us for acupuncture! Here are a few things that we think it's helpful for you to know:

* **Working Class Acupuncture (WCA) provides community acupuncture.** This means that you will receive your treatment in a large, quiet, comfortable room; you will most likely be sitting in a recliner, rather than lying on a table; you do not need to disrobe, you just need to roll your sleeves up to your elbows and your pants up to your knees; you and your acupuncturist will speak briefly in whispers before you get treated; you can stay as long as you want; and last but not least, there will be other people getting treated at the same time, in the same room, in the same way. We love community acupuncture because it makes it easy for people to get treatments whenever they want, to be treated with their families and friends, to feel comfortable rather than isolated, and to create together a collective energetic field which makes the individual treatments more powerful and clinically effective.

* **WCA has a sliding scale.** For many thousands of years, acupuncture has been a “people's medicine”: low-tech, inexpensive, easily available, and very quiet. Only in the US in the last thirty years did acupuncture become a luxury item for wealthy people, with a cost of \$50 to \$250 per treatment, individual treatment cubicles, and lots of talking. We have eliminated the unnecessary talking and the unnecessarily high prices. Please pay us whatever you feel comfortable with on our scale of \$15 to \$35, keeping in mind that you may need a series of treatments. If the cost of treatment is an issue, please let us know. We want you to come in for acupuncture frequently enough and regularly enough to really feel better.

Community Fee Structure

**There is a one-time \$10 paperwork fee with the first appointment.
Acupuncture appointments are on a sliding scale of
\$15 - \$35 per treatment.***

You decide what you can afford.

The purpose of our sliding scale is to separate the issues of money and treatment; we want you to come in often enough to really get better and stay better! We understand that everyone's situation is different, and our primary goal is to make acupuncture available to you as often as you need it.

*If the lower end of our sliding scale still seems too high for you, please contact Outside In at (503) 227-1222. Their Chinese medical clinic offers acupuncture regardless of patients' ability to pay.

* **WCA has no relationship whatsoever with insurance companies, because insurance companies don't like sliding scales!** If you have insurance that covers acupuncture, we can give you a receipt to submit, but we cannot bill your insurance for you. If you have questions about insurance in general, please ask the receptionist; we have a longer letter that goes into more detail on this topic.

* **Acupuncture is a process.** Every now and then, acupuncture will act like a “miracle cure”, and a person will have all of their symptoms disappear after only one treatment – but that is a rare event. Acupuncture works by stimulating the body's own self-healing mechanisms; it is gentle and safe and usually gradual. Almost everybody who gets acupuncture will need a series of treatments to get good results, which is one big reason we came up with our sliding scale. If you don't come in often enough or long enough, acupuncture probably won't work well for you. Your acupuncturist will suggest a treatment plan to you,

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meaning, how many treatments we think you will need to get good results; please let us know if you have any questions about your treatment plan, and please stick with it to the best of your ability.

A few housekeeping details: if you need to be up by a certain time, please tell the receptionist when you check in – NOT your acupuncturist, because receptionists are better at keeping track of these things than acupuncturists are! Please bring whatever you need to make yourself comfortable, such as earplugs or headphones; we have pillows and blankets, but if you prefer your own, you can bring those too. Please take all personal belongings with you into the treatment room, and please keep your shoes on until you sit down in your chosen recliner. And please remember that our community works best when everyone is reasonably flexible. One of the things we love best about our clinic is how many different kinds of people enjoy coming here for acupuncture – but some of them do snore, it's true.

If you like, please come early or stay late and have a cup of tea before or after your treatment! We make our own tea, and though it's not a recliner, it's pretty relaxing too.

Yes, WCA started the community acupuncture “revolution”! We opened our clinic in 2002, trying out what was then a daring experiment in treating people in recliners and using a sliding scale. Two things happened very quickly: other acupuncturists wanted to know what we were up to, and our patients wanted to know if there were similar clinics in other cities for their families and friends who needed acupuncture. In 2006 we founded the **Community Acupuncture Network**, a nonprofit organization to encourage a more accessible, sustainable way of providing acupuncture. We started calling what we did “the community acupuncture business model”, and hundreds of acupuncturists are now using it. There is a website, with a list of clinics similar to ours, at www.communityacupuncturenetwork.org; see the “Locate a Clinic” page if you would like to find a clinic like ours in another city. New clinics are opening all the time!

If you want to learn more about acupuncture, please read our book, [Acupuncture Is Like Noodles](#). We wrote and published it ourselves, and it answers most of the frequently-asked-questions we get about acupuncture, such as: how does acupuncture work? And what can acupuncture treat? And why do you do it like this, instead of the way that some other acupuncturists do it? You can have a cup of tea and read one of our copies, or you can buy your own copy to take home.

How you can support us: WCA is a community-supported business. We do not receive any grants, state or federal money, or insurance reimbursement. When we started our clinic in 2002, we treated about 12 patients per week. As of 2009, we are treating over 500 patients a week in two locations. This huge growth is due entirely to all of our wonderful patients telling everyone they know about how great acupuncture is, and how well it works when it's not too expensive. Treating so many people allows us to keep our prices low, so the main thing you can do to support us is to help us spread the word! Our goal is to open more WCA clinics in areas of Portland that do not currently have community acupuncture. The main way we raise money for new clinics is our merchandise – t-shirts, tote bags, and especially our books.

Welcome again and thank you for joining us.



WORKING CLASS ACUPUNCTURE

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Health History Questionnaire and Registration

PATIENT INFORMATION	CONTACT INFORMATION
Date _____	Home phone _____
Name _____	Work phone _____
Address _____	Other/cell phone _____
City State Zip _____	Email _____
Age _____ Birthdate _____	Another person we may contact if needed:
Occupation _____	Name _____
Company name _____	Relationship _____
Primary physician _____	Home phone _____
Physician phone number _____	Work phone _____
How did you hear about us? _____	

HEALTH HISTORY	
What are your primary concerns for coming in for treatment? 1- _____ 2 - _____ 3 - _____	Check symptoms you have or have had in the last year: <input type="checkbox"/> Depression <input type="checkbox"/> Difficulty in focusing <input type="checkbox"/> Dizziness <input type="checkbox"/> Easily startled <input type="checkbox"/> Excessive worry <input type="checkbox"/> Excessive anger <input type="checkbox"/> Excessive fear <input type="checkbox"/> Fatigue/tiredness <input type="checkbox"/> Headaches <input type="checkbox"/> Loss of sleep/poor sleep <input type="checkbox"/> Loss or gain of weight <input type="checkbox"/> Nervousness/irritability <input type="checkbox"/> Overwhelmed by life
How is your sleep? _____	Check conditions you have or have had in the past: <input type="checkbox"/> AIDS <input type="checkbox"/> Allergies <input type="checkbox"/> Anemia <input type="checkbox"/> Arthritis <input type="checkbox"/> Bleeding disorders <input type="checkbox"/> Breast lump <input type="checkbox"/> Cancer <input type="checkbox"/> Diabetes
How is your digestion? _____	How long has it been since you have had a complete medical exam? _____
List medications or food supplements you are taking. _____ _____	
List serious illnesses, accidents or surgeries. _____ _____	
Check illnesses that have occurred in blood relatives. <input type="checkbox"/> <input type="checkbox"/> Diabetes <input type="checkbox"/> <input type="checkbox"/> High blood pressure <input type="checkbox"/> <input type="checkbox"/> Stroke <input type="checkbox"/> <input type="checkbox"/> Cancer <input type="checkbox"/> <input type="checkbox"/> Heart disease <input type="checkbox"/> <input type="checkbox"/> Kidney disease	

HEALTH HISTORY...CONTINUED

Check symptoms you have or have had in the last year:

MUSCLE/JOINT/BONES

- Tremors c Cramps
- Swollen joints

Pain, weakness, numbness in:

- Arms or Hips
- Back Legs
- Feet
- Neck
- Hands
- Shoulders
- Other _____

EYES/EAR/NOSE/THROAT/RESPIRATORY

- Asthma/wheezing
- Blurred or failing vision
- Difficulty breathing
- Earache
- Enlarged glands
- Eye pain
- Frequent colds
- Hay fever
- Hoarseness
- Gum trouble
- Nose bleeds
- Loss of hearing
- Persistent cough
- Ringing in ears
- Sinus problems

SKIN

- Boils
- Bruise easily
- Dry skin
- Itching/rash
- Sensitive skin
- Sore won't heal
- Sweats

GENITO/URINARY

- Blood/pus in urine
- Frequent urination
- Inability to control urine
- Kidney infection/stones
- Lowered libido

CARDIOVASCULAR

- Chest pain
- Hardening of arteries
- High or low blood pressure
- Pain over heart
- Poor circulation
- Previous heart attack
- Rapid/irregular heart beat
- Swelling of ankles

GASTROINTESTINAL

- Belching, gas or bloating
- Colon trouble
- Constipation
- Diarrhea
- Difficulty swallowing
- Distention of abdomen
- Excessive hunger
- Gall bladder trouble
- Hemorrhoids (piles)
- Indigestion
- Nausea
- Pain over stomach
- Poor appetite
- Vomiting

FOR MEN ONLY

- Erection difficulties
- Penis discharge
- Prostate trouble

FOR WOMEN ONLY

- Bleeding between periods
- Clots in menses
- Excessive menstrual flow
- Extreme menstrual pain
- Irregular cycle
- Menopausal symptoms
- PMS
- Previous miscarriage
- Scanty menstrual flow

Could you be pregnant? _____

SIGNATURE

The information on this form is correct to the best of my knowledge.

Signature _____ Date _____



WORKING CLASS ACUPUNCTURE FINANCIAL AGREEMENT

Working Class Acupuncture makes every attempt to make alternative health care, as acupuncture and Chinese medicine, available to as many people as possible, at the most affordable rates.

In respect for our intention to offer high quality health care at affordable prices, we ask for 24 hours notice in advance of an appointment if it is necessary to cancel or reschedule an appointment.

All appointments that are rescheduled or cancelled with less than 24 hour advance notice, and appointments missed without notice, will be charged a \$15 fee. If appointments have been purchased in a package, the missed, cancelled or rescheduled appointment will be deducted from the number of remaining appointments in that package.

Thank you for your understanding,

Working Class Acupuncture Staff

Print Name

Signature of Client/
Person Authorized to Consent

Date