



# *Welcome* to Vibrant Life *Acupuncture & Integrative Medicine!*

## *Your FIRST STEPS to Optimal Health:*

*Welcome! We are super excited to be working with you on your health journey.*

### **YOUR FIRST APPOINTMENT: New Patient Exam**

#### **Step One:**

You will receive a “WELCOME EMAIL” with detailed information and steps on how to prepare for your upcoming appointment.

You will need to have the following documents completed before your appointment:

- Health History
- Consent for Purposes of Treatment
- Office Policies and Responsibilities
- HIPAA
- Arbitration Agreement
- Root Care vs Branch Care

\*\* Please use this link for the New Patient forms

<https://www.vibrantlife-acupuncture.com/forms-acupuncture>.

This link is also in the “WELCOME EMAIL”.

\*\*If you are unable to download the forms and print, please contact the clinic so we can make arrangements.

#### **Additional Recommendations:**

- Please download your tongue pictures to the Patient Portal before your appointment.
- If instructed to take your temperatures, please bring the data with you to the appointment or download in the **Patient Portal**.



## **Step Two: Day of New Patient Exam**

We begin the journey with a **New Patient Exam** and takes up to 60 minutes to complete where we will discuss your health concerns and uncover the root cause of why you are having these symptoms and not healing.

### **This appointment includes the following:**

- A full review of your medical history
- Western Vitals-blood pressure sitting and standing, and temperature
- An Eastern Medical Examination-- including an examination of your tongue, pulse, and abdomen to determine the precise cause of your symptoms and/or imbalances
- Orthopedic tests for musculoskeletal conditions
- An initial Eastern Medical “working diagnosis”
- Recommendation of additional tests, if required
- A recommendation of an **Initial Treatment Plan** to get you relief will be presented to confirm that acupuncture works for you and to assess your body’s Rate of Response to acupuncture

### **What you need to know before your first ACUPUNCTURE treatment...**

- If possible, please wear comfortable clothes that are loose fitting like sweatpants. Please avoid tight skinny jeans or leggings.
- Please come well hydrated. Please avoid drinking caffeine drinks just prior to your treatment. The goal is to feel relaxed and not jittery.
- Please make you are not fasting and have eaten something within a few hours.
- Use the restroom before your appointment time.
- Please turn your phone ringer off or turn phone on airplane mode.



### **Root Care vs. Branch Care**

Eastern Medicine discusses all symptoms in terms of “root” and “branch.” The “root” is the **cause** of the “branch” symptom, i.e. the symptom of concern you are experiencing. All symptoms (“branches”) have a root cause. For example, if you are in a car accident and break your arm, then the “root” cause is the accident and the “branch” is the broken arm that resulted from the car accident.

If there was no trauma, then we will determine what the “root” cause was, e.g. high stress over too long a period or underlying digestive weakness causing acid reflux. One “root” cause may, and often does, cause many “branch” symptoms, so solving a *root cause* generally eliminates multiple other symptoms as well as your primary symptom.

Most patients that come to our office have one of two objectives in mind concerning their health care. Some patients seek our help to eliminate only the “branch” or primary symptom. We offer this service, but it’s important to know that the symptom is likely to return if the root cause is not eliminated. Just like weeding your yard, if the root is not pulled out, the weed will simply regrow.

Others are interested in having the “root” cause of the symptom eliminated so that, not only does the branch symptom not return (your primary symptom), other symptoms emanating from the same root cause are also eliminated. Your Acupuncturist will weigh your needs and desires when recommending your treatment program.

***Please check the type of care desired so that we may best serve your desires:***

Branch Care (symptom only)       Root Care (symptom and cause of symptom)

Check here if you want the Acupuncturist to select the type of care appropriate for your condition

My ultimate goal is \_\_\_\_\_

Patient’s Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardians Signature \_\_\_\_\_ Date \_\_\_\_\_  
(If patient is under the age of 18)