



TANYA I. EDWARDS, MD, CENTER FOR INTEGRATIVE MEDICINE



# Shared Acupuncture Medical Appointment

## What are shared acupuncture medical appointments?

In acupuncture, frequent visits are often needed to get the most from your treatment. If your health insurance does not cover the cost of ongoing private appointments, our Shared Acupuncture Medical Appointment (SAMA) clinic can make acupuncture affordable.

Shared medical appointments allow you to experience the proven benefits of acupuncture in a group setting at reduced cost. Shared medical appointments differ from private medical appointments only in their setting. Therapy follows the same principles of traditional Chinese medicine for diagnosis and acupuncture point selection.

## Can anyone sign up for shared acupuncture visits?

An initial private consultation with an acupuncturist must take place before you can schedule a shared acupuncture appointment. The acupuncturist will evaluate you during this appointment to formulate a treatment plan.

Depending upon your diagnosis and the techniques best suited to your needs, your acupuncturist may recommend the SAMA clinic, private appointments, or a combination of the two. Advanced techniques for more complex conditions may require private appointments.

## What happens during shared acupuncture appointments?

Shared appointments work the same way that private appointments do. However, you may sit upright in a recliner rather than lie on a table.

In addition, you will remain fully clothed, with shirt sleeves and pants rolled up to allow access to acupuncture points. Points include the ears, hands, legs and scalp.

Just as in a private appointment, fine needles will be inserted into various points for approximately 25 to 30 minutes to create a therapeutic effect.

continued



A patient receiving treatment for allergy symptoms in a shared setting.

### Which conditions can be treated in shared visits?

In shared acupuncture medical appointments, we care for most of the most conditions treated in the private setting. These include:

- Acute and chronic pain
- Stress, anxiety and depression
- Drug or tobacco withdrawal
- Migraines and severe headaches
- Allergy symptoms
- Nausea and vomiting
- Insomnia
- Side effects from chemotherapy and radiation treatment

We also treat other conditions in our SAMA clinic.

To learn more, visit [clevelandclinic.org/acupuncture](http://clevelandclinic.org/acupuncture).

Note: Acupuncture is not a substitute for conventional medical diagnosis and treatment.

### Are there other benefits to shared visits?

Our SAMA clinic not only makes high-quality acupuncture care available to you at significantly reduced cost. It also allows you to enjoy a shared healing experience and the support of other acupuncture patients in your group.



A patient receiving a stress management acupuncture treatment in a shared setting.

### How is confidentiality maintained?

Because of our hospital's HIPAA policy, every effort is made to maintain privacy during shared acupuncture appointments. In the group setting, treatment discussions do take place between each patient and the acupuncturist, however.

Shared knowledge may give you a deeper understanding of acupuncture and its benefits. However, please understand that acupuncture treatment is always individualized.

We ask that all patients respect each other's privacy by not discussing other patients or their health concerns outside of our SAMA clinic.

### Is acupuncture covered by insurance?

To find out about healthcare coverage for acupuncture treatment, please check with your insurer. Shared acupuncture medical appointments are self-pay and cost \$40 per session.

Contact the Tanya I. Edwards, MD, Center for Integrative Medicine for Shared Acupuncture Medical Appointments

To schedule an appointment for Shared Acupuncture Medical Appointments or other forms of integrative medicine, call [216.448.HEAL\(4325\)](tel:216.448.HEAL(4325)). No physician referral is needed for appointments with our experienced Center for Integrative Medicine acupuncturists.

For more information on all services offered through the Center for Integrative Medicine, please visit [clevelandclinic.org/integrativemedicine](http://clevelandclinic.org/integrativemedicine).