

Welcome to Achieve Health Chiropractic and Clinical Nutrition

Thank you for allowing us the privilege of working with you to improve your health and well-being!

We strive to provide a variety of techniques that are proven to be effective, and long term would minimize your visits and get you back on your feet in the least amount of time and expense.

In the interest of good communication and understanding, our fee schedule is outlined below. Chiropractic care is considered a specialty in medicine and is reimbursed accordingly.

Our office offers traditional, non-traditional chiropractic and nutritional services.

Initial Examination: \$60 area of complaint \$100 full spinal exam

Traditional Chiropractic Adjustments: \$45 (1-2 areas) \$56 (3-4 areas)

Cox Distraction: gentle stretching of the neck or lower back. Designed for the herniated disc, it helps with stenosis, facet syndrome, scoliosis, and other spinal conditions. Cox Distraction \$45

Neuro-Cranial Integration: NCI involves no twisting or torquing of the neck or back, yet is powerful in affecting everything from head to toes. This dynamic procedure is ideal for patients who tend to have symptoms on one side of the body, don't hold their adjustments or don't like twisting of the neck.

NCI only: \$55

\$80 (with spinal adjustment: 1-2 areas)

\$96 (with spinal adjustment: 3-4 areas)

Trigger Point Therapy: Up to 80% of neck and back pain is due to tight muscles. Dr. Acuna spends the majority of her time working the trigger points that are the result of, but not limited to, muscular tension from stress situations, stressful jobs, repetitive motion, old traumas and or poor posture habits. This therapy is used only in conjunction with other procedures.

Trigger Point Therapy \$30 (1 area- upper back or lower back or pelvis)

\$45 (2 areas- upper back and lower back) \$60 (3 areas- upper and lower back, one extremity)

Patients in my former practice called the trigger point therapy plus the adjustment and the NCI the Cadillac of Care! It's a spa-like experience.

Nutritional Consultation: after review of your paperwork, Dr. Acuna narrows in on primary health issues. Health is not linear, there are many like symptoms that can be "upstream" from complaint area. For example: immune disorders may be due to poor G.I. function.

Nutrition Response Testing (NRT), muscle testing: The initial visit is an hour to review the chief complaint and history, provided there has been no nutritional consultation.

NRT :

\$110 (hour) not including any recommended nutrients follow-up visits

\$55 with a re-evaluation typically scheduled for four weeks

Asyra: An electro-dermal scan using homeopathic frequencies. This functional analysis helps detect and identify energetic and regulatory disturbances. Functional disturbances can be detected early – even from the beginning of a pre-clinical phase (when you display symptoms, but modern medicine can't identify their cause).

Asyra \$120 (hour) not including any recommended nutrients

Frequency Specific Micro Current \$1.00 per minute, based on your complaint
Average about 35 minutes, ask for handout. You will be informed of time/costs before we proceed.

This office uses Lab Corp for functional blood work. It provides standard blood results and a Functional Health Report. Sample copy available in reception area. This is ideal for the person, who doesn't feel well, but everything comes back "normal" or for the person who wants to optimize their health. This is pre-pay, non-insurance covered service. Dr. Acuna's experience is that the costs are less than most insurance copays with more comprehensive testing, i.e. a full thyroid panel vs. only testing for TSH.

There is a \$10 blood draw fee for this service to the lab.

The Functional Health Report consultation fee is \$120 for hour appointment to review the test results plus the costs of the recommended supplements based on your test results. You will receive a 12-28 page report explaining the results. Dr. Acuna will review your recommended supplements with you.

We provide casting for foot orthotics. This is not an insurance covered service.

PLEASE INITIAL THE FOLLOWING:

___ **We do not participate with private insurance companies, i.e. Blue Cross, Aetna, etc. We will provide a receipt with procedure and diagnostic codes which you can submit to your insurance. Bear in mind the services provided will be "out of network" and might have a higher deductible. Most of the services Dr. Acuna provides are not insurance covered benefits.**

___ **FOR MEDICARE PATIENTS: the services we provide are not covered by Medicare. Medicare does not pay for examination, x-rays, nutritional consultations, supplements or the cranial adjustment; Dr. Acuna's preferred treatment type.**

Please feel free to ask us any questions you might have before you treatment starts.

___ Missed Appointment Policy – cancellation or reschedule with 24 hr. notice – no charge (leave a message on answering machine between office hours or days we are closed).

___ Missed appointment policy - no show \$25; missed nutrition appointment \$70

___ Returned check \$25

If you would like a copy of the fee schedule, please ask. We are happy to provide one for you.

Signed: _____ Date: _____