

# FIRST VISIT

Welcome to Treasure Coast Community Acupuncture. Congratulations on scheduling your first appointment! Here is what you should expect:

1. Please arrive at your appointment time. Early arrivals are not necessary.
2. Turn your CELLPHONE volume and vibration OFF. You will not need your device during your visit.
3. Upon arrival you will be asked to fill out a 1-page intake form, this usually takes about 2 minutes.
4. Dress comfortably. Wear loose clothing. Tight jeans are not the best choice for your visit.
5. Focus on one improvement you would like to make in your life. We will work towards finding that perfect balance of happiness and health in that area. Please remember a complete medical history or life story is rarely needed to healing through acupuncture.
6. Expect your visit to last approximately 45-60 minutes.
7. Get ready to relax! Acupuncture is very relaxing and many people even nap during their session. Please bring headphones or an eye mask, etc. to optimize your personal relaxation and begin your healing journey.