

May 8, 2020

Acupuncture & Zero Balancing Treatments Only

After your initial online consult, there are two options: continue with virtual treatments, or come to the office for an in-person appointment. More detail on each below:

Continued online appointments:

For patients who prefer to continue with online appointments a while longer, we will discuss healing modalities that I will tailor for you individually and can be shared remotely: acupressure, anxiety relief, tapping, ear points and seeds I can send you, pellets for points, Qi Gong, and meditation and breathing exercises. All of these modalities are extremely helpful in relieving pain, reducing anxiety, and addressing fear and frustration. Future 1-hour treatments via Zoom will be \$60.

In-person appointments:

As of this writing, I anticipate opening to limited in-person appointments starting Monday, May 18. I'll have just a few appointments available on Mondays, Wednesdays, and Fridays.

Going forward, here are the temporary guidelines for patients who wish to come in for in-person treatments later this month:

1) Pre-appointment: Please schedule a Zoom or phone call with me, sometime within the week before your in-person appointment. This will give us an opportunity to have some face-to-face time, an opportunity for me to ask you questions about your symptoms and how you've been, and also serve to decrease your necessary physical time in the office.

2) Waiver: All clients coming into Lotus Be Well need to sign a waiver form prior to being treated. You can find it here. Please print it, fill it out, and bring it with you to your appointment. It states that you will not come in if you are exhibiting any signs or symptoms of Covid-19. If you are showing any of the known symptoms, including sneezing or coughing from allergies or a common cold, please reschedule your in-person appointment, or switch it to a virtual appointment.

3) In the treatment room: I ask that all patients coming into my office hang their belongings on the hook behind the door, and then wash their hands in my sink for a full 20 seconds. Most likely, since we will have already had an online consult, patients can then sit directly on the table, and after chatting for a short bit, we will proceed with the acupuncture portion of the treatment.

4) Hands: Since we will both be washing hands at the beginning, end, (and me during the treatment), I will not be wearing gloves. For patients who have been wearing them, and I ask that they remove them before entering the treatment room, then wash their hands after putting away their belongings on the hook.

5) Masks: I will be wearing a mask. As of the time of this writing, it will be each patient's choice whether to wear a mask or not, though I do strongly encourage you to wear one. This policy may change in the future. Be aware that others who have been in the room may not have worn a mask. I cannot emphasize this enough: it is your choice to be in the environment.

6) Beverages: Patients can bring their own drink in a closed container if they like, but I prefer offering water and washing the used mug afterward.

7) ZB: For now, if I do any Zero Balancing, I will be limiting it to balancing the legs and/or feet only.

8) Hands, again!: I ask that before leaving my office, patients please wash their hands again.

9) Restroom: If patients use a restroom during their visit, please notify me so that I can clean it after use. If the restroom is used in the middle of a treatment, please wash hands both in the restroom and again in the treatment room. I prefer this extra measure to protect all my patients.

10) Disinfecting: I will be scheduling appointments with more time in-between, so I can thoroughly clean the room and any other public spaces (stair handrail, building door handles, etc) between each patient.

A final note on the scheduling: during the past 2 months, Trish and Jill have continued to be very hard at work! One of the many projects they completed was an overhaul of our booking system, and just this week, Lotus Be Well switched to a new platform called Vagaro. When you schedule your appointment with me, you will be one of our beta testers! You can also install the app on your phone for easier booking with all practitioners in the future. Please give us feedback on your experience using it. We really appreciate it!

I am so looking forward to connecting with you again. If you have any questions or comments, please email me with a NEW message (rather than replying to this one). I'll get back to you within 24 hours.

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Thank you so much as we all continue to patiently navigate this unprecedented time together!

Best regards,

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Lotus Be Well