



Fees for Out-of-Pocket & Non-Covered Services, Billing Fee Schedule

It is our honor to serve you on your journey. Our intention is to sustain practice while providing excellent and personalized care for each of our patients. Your wellbeing is the reason that we do this work. Please reach out if you have questions or need clarification on any of these points.

- Time-of-Service Rates
- Treatment Packages
- Extended Appointments to 75 or 90 Minutes
- Info for Insurance Patients on Non-Covered Services (NeuroAffective Touch, Somatic Regulation & Craniosacral Therapy)*
- Cancellation Policy
- Clarifications & Billing Fee Schedule

Time of Service (Prompt Pay) Rates

Time-of-service fees (prompt pay) are discounted from billed rates. See the bottom of this document for the billing fee schedule.

Individual Sessions

60-minute appointments: \$150 (\$125 Laura)

75-minute appointments: \$185 (\$150 Laura)

90-minute appointments: \$205 (\$175 Laura)

Phone calls (beyond 5 minutes): \$150/hour (Tracy), \$125/hour (Laura), billed by the minute

Treatment Packages

Treatment packages offer a discount on pre-paid services and should be used within six months. Packages may be purchased with a check or through an ACH bank transfer; use of a card will add a 3% processing fee. See other restrictions below.**



Five hours of session time:

Tracy \$690 (\$138/session with 8% prepaid discount)

Laura \$575 (\$115/session with 8% prepaid discount)

Six hours of session time:

Tracy \$810 (\$135 per 60-minute session with 10% prepaid discount)

Laura \$625 (Prepay for 5 sessions, receive a 6th bonus session at no charge - \$104.17 per 60-minute session)

Five 75-minute sessions:

Tracy \$843.75 (\$166.50 per 75-minute session with 10% prepaid discount)

Laura \$675 (\$135 per 75-minute session with 10% prepaid discount)

Six 75-minute sessions:

Tracy \$843.75 (\$166.50 per 75-minute session with 10% prepaid discount)

Laura \$750 (Prepay for 5 sessions, receive a 6th bonus session at no charge - \$125 per 75-minute session)

Info for Insurance Patients: Receiving Non-Covered Services (Tracy's patients only)

- Insurance coverage for a follow-up appointment typically pays for 45 minutes of treatment with acupuncture (with 1 or more needles inserted each 15 minutes) as well as periodic office visits for evaluation and management of your case.



- In this practice, you are asked to take a more active role in your care by making informed choices about electing to receive non-covered services as out-of-pocket expenses.
- Services that acupuncture benefits do not cover include craniosacral therapy, somatic regulation therapy (including NeuroAffective Touch), cupping, and other manual therapies.
- There is an add-on fee for somatic work and other manual therapies received in session. This is only applied once per session, regardless of session length - it is not a time-based fee. **The out-of-pocket fee for these non-covered services is \$45 (Tracy) or \$30 (Laura) per session, in addition to your usual copay/coinsurance.**
 - Example: You have a \$15 copay and elect to receive somatic regulation and craniosacral therapy. With Tracy, your financial responsibility is for \$60 (\$15 copay + \$45 for non-covered services). With Laura, your financial responsibility is for \$45 (\$15 copay + \$30 for non-covered services)
- Tracy only: My practice focus is providing quality trauma-informed, somatic touch therapy along with acupuncture and I therefore have limited availability for acupuncture-only appointments. If either of us feel that you would benefit from more focused acupuncture care, I may recommend an acupuncturist who can better meet your needs.
- You may decide within a session to add on a non-covered service, or you can add these on when you schedule an appointment. If we believe that somatic regulation, craniosacral, or cupping therapy is strongly indicated we will talk with you about the options and give you the opportunity to add on these services within your session and ask you to sign a consent form to receive non-covered services (if you have not already). Together we can discuss what services will best support your health and wellbeing to help you make these choices.

All Patients: Extending Your Appointment



- While 60-minutes is the most common treatment session, 75- and 90-minute sessions are an option that often allow for deeper work, especially when combining acupuncture with somatic regulation or craniosacral therapy.
- If, during a treatment, we believe that extending your session beyond the scheduled length of your appointment could be beneficial (and we have the time available to do so), we will inform you that we are approaching the end of our time and ask you if you'd like to extend your session. If you wish to do so, you accept financial responsibility for the additional time in the treatment room as follows:
 - First 15 minutes: \$35 (\$25 for Laura)
 - Second 15 minutes: \$35 (\$20 for Laura, \$20 for Tracy's patients if combined with add-on services)
- Patients with insurance coverage may elect to schedule a 75- or 90-minute treatment session and use acupuncture benefits for the regular 60-minute appointment, paying out-of-pocket for the additional time. This is in addition to any non-covered services.
 - Example: You have a \$30 coinsurance and wish to schedule an extra 15 minutes onto your acupuncture appointment. Your financial responsibility is \$65 (\$30 coinsurance + \$35 for additional 15 minutes).
 - Example: You have a \$15 copay and elect to receive craniosacral therapy (+\$45) with your acupuncture and to extend your appointment to 75 minutes (+\$35). With Tracy: your responsibility is \$105 (\$15 copay + \$45 non-covered services + \$35/additional 15 minutes). With Laura: your responsibility is \$90 (\$15 copay + \$30 non-covered services + \$35/additional 15 minutes).
 - Example: You have a \$20 copay and schedule 90 minutes (+\$55) to receive somatic regulation (+\$45) along with acupuncture. With Tracy: your financial responsibility is \$120 (\$20 copay + \$45 non-covered services + \$35 for the 1st 15 minutes + \$20 for



the 2nd 15 minutes). With Laura: your financial responsibility is \$105 (\$20 copay + \$30 non-covered services + \$35 for the 1st 15 minutes + \$20 for the 2nd 15 minutes).

Cancellation Policy

As a reminder, cancellation or appointment change requires a minimum of 48-hours notice. In the event of a no-show or late cancellation outside the 48-hours notice, the full cash rate for your appointment will be charged to the payment method you entered during the scheduling process. We cannot bill insurance for missed appointments or late cancellations.

If you have a regular weekly or every-other-week appointment, please notify us as early as possible when you have upcoming travel or other conflicts, as it is difficult to fill these time slots. If there are multiple cancellations of a regular weekly or every-other-week appointment, you will still be able to schedule appointments but will give up the regular time slot.

Clarifications & Billing Fee Schedule

*Somatic regulation (including NeuroAffective Touch and Somatic Resilience & Regulation touch work) and craniosacral therapies are hands-on modalities that I may recommend as part of your care. Both therapies can have beneficial effects for stress and nervous system responses, with somatic regulation therapy having a specific focus on addressing symptoms related to the physiology of developmental stress and trauma (adverse experiences in utero, birth, or early childhood). Craniosacral therapy can impact this as well. Please let us know if you are unclear about these therapies and whether they should be part of your care.

** After six months any unused sessions are converted to the remaining cash value of the treatment package and may be applied to future sessions or refunded. Unused portions of treatment packages



may be refunded upon request as follows: (Total paid) - (number of sessions used at the non-discounted rate) = refunded amount.

***Billing Fee Schedule

CPT	Description	Fee/unit (Tracy)	Fee/unit (Laura)
97810	Acupuncture, initial 15 min	64.00	55.00
97811	Acupuncture, additional with re-insertion, additional 15 min.	50.00	46.00
97813	Electro-acupuncture, initial 15 min.	75.00	65.00
97814	Electro-acupuncture, additional with re-insertion, additional 15 min.	65.00	55.00
99201	Focused intake	95.00	59.00
99202	Expanded intake	188.00	95.00
99203	Detailed intake	232.00	148.00
99211	Focused exam, returning patient	50.00	35.00
99212	Expanded exam, returning patient	65.00	65.00
99213	Detailed exam, returning patient	85.00	85.00
97110	Therapeutic exercise to develop strength, endurance, ROM, 15 min.	50.00	
97124	Therapeutic procedure, massage, 15 min.	50.00	
97140	Manual therapy – mobilization, manipulation, manual lymphatic drainage, manual traction, 1 or more regions, 15 min.	50.00	



97799	Non-covered and unlisted therapeutic services	50.00	35.00
X	Elective fire cupping	43.75	