



## **Welcome to Boise Acupuncture Cooperative**

Boise Acupuncture Cooperative (BAC) is one of many community acupuncture clinics established in the country who are members of the People's Organization of Community Acupuncture (POCA). POCA is a multi-stakeholder cooperative whose mission is to make acupuncture affordable for nearly everyone, while promoting a sustainable business model that works for patients and practitioners. To jump on board, learn more about the cooperative and to find POCA member clinics near you, visit [www.pocacoop.com](http://www.pocacoop.com).

### **We Have a Sliding Scale**

We offer treatments on a sliding scale of \$15-\$40 with an additional one-time \$10 consultation fee for the first appointment. You decide what you can afford. There is never any need to prove your income. Our only goal is for you to be able to find out how useful acupuncture can be for you. Acupuncture is most effective for current health concerns when it is done frequently and regularly. We've found this to be especially true at the beginning of a course of treatment. Acupuncture is a PROCESS. It is very rare for any person to be able to resolve a problem completely with one treatment. Frequent treatment is much more likely to lead to relief. Your acupuncturist will suggest a course of treatment based on the intensity and duration of your health concern. Twice a week is usually the minimum needed to get some momentum moving ahead with a health issue – though more frequent visits are common for short periods of time if the problem is quite intense. If you don't come in often enough or for enough treatments, acupuncture may not work as well for you.

### **We Treat in a Community Room**

We believe a group setting has many benefits: it's easier for friends and family to come in together and it allows patients to keep their needles in as long as they want. Most people learn after a few treatments when they feel 'done' or 'cooked'. This can take anywhere from twenty minutes to an hour or two. The treatment room is meant to remain a quiet space for you and others to rest, sleep and sort it all out. Its atmosphere exists through our patients relaxing together. We appreciate everyone's presence...we find this kind of collective stillness a rare and valuable thing in our rushed and isolating society. Maintaining this reservoir of calm requires very little talking in the clinic space – including us. If you would like to speak to your acupuncturist one-on-one at great length, please let us know. We can arrange for time in the office.

### **Our Commitment to You**

We want our community to be welcoming to all different kinds of people. We want to give you the tools to take care of your own health in a safe environment with skilled, experienced practitioners. We will always be available to listen to any advice and/or feedback you may have about BAC. We will do all of this with a sense of humor and help from you as well. Please enjoy the space and time to do your work. We're happy you're here.

**- The Whole BAC Staff & Family**