

Welcome and Congratulations

on your decision to include acupuncture in your health care program.

It is an honor and a privilege to be able to work with you. We are partners in this journey. You need to trust me and I will always remember that I work for you. Please be sure to ask me any questions you may have and let me know if you are uncomfortable at any time or have any concerns regarding your treatment.

Please look over the enclosed documents which include a health history questionnaire, an Informed Consent and Arbitration agreement, required by my malpractice carrier as well as a Release required by the Commonwealth of Virginia.

It would be helpful if you printed and completed these documents before our visit.

Here are a few suggestions to help you get the most out of our sessions together.

1. Make sure that you schedule plenty of time before and after your treatments. Occasionally you may feel sleepy or groggy and may need a few minutes to rest before engaging in your other activities.
2. Do not plan to do anything strenuous which you are unaccustomed for 24 hours following treatment.
3. Refrain from using alcohol and other mind altering substances 24 hours before and after treatment.
4. DO take you regularly prescribed medications as directed by your doctor.
5. Please inform me of any changes in your health, health care regime, or medical care as they arise. This includes medications changes, surgeries, bodywork therapies, exercise, or vitamins.
6. I have a small lending library for your use and always welcome suggestions for additional resources.
7. Feel free to call me anytime: 540 953 2977. I do not answer the phone while I am with patients but I do check my messages very frequently. You may also email me at vjt@yellowsulphursprings.com. I check my email often throughout the day.
8. Please inform me in advance if you are unable to keep your appointment time. Missed appointments will be charged the full rate.

Victoria Taylor
Licensed Acupuncturist