Your care, step by step

A thoughtful evaluation. A focused start. Ongoing care that fits your needs.

For self-pay medical care. We accept Medicare for covered medical visits. The medical care plans in this handout do not apply to Medicare patients. Please contact the clinic with coverage questions.

For patients with persistent symptoms or unanswered questions, we bring together rheumatology, internal medicine, and a Chinese medicine perspective to develop an individualized plan.

1 | Begin with an initial consultation

We review your concerns and medical history, assess your needs, and discuss next steps. Together, we decide whether the comprehensive care plan fits your needs. Enrollment is optional.

2 | Three-Month Comprehensive Care Plan

$2,100 total: an **80-minute initial rheumatology consultation**, including a Chinese herbal medicine consultation, plus **five medical follow-ups of 30-60 minutes each, as needed,** over three months. The initial consultation is included in the total, not an additional charge.

Herbal consultations are included during follow-ups; herbal products and supplements are purchased separately.

Why this phase involves more: The early months often require diagnostic testing, lifestyle education, and treatment decisions. Your fee also supports work between visits: ordering and reviewing tests, adjusting medications, preparing educational materials, and handling medication prior authorizations, denials, and appeals when needed.

This period allows time to put recommendations into practice, assess your response, and adjust treatment. Improvement and timing vary.

At three months, we review your progress together.
We may recommend continuing care, less frequent visits, a different approach, or referral based on your needs. Continuing for another six months is optional.

3 | Continue when helpful: six-month continuing care

$1,200 total: six medical follow-up appointments, 30 minutes each, over six months. Visits focus on monitoring progress and adjusting your established plan as needed.

OPTIONAL TREATMENTS & ADDITIONAL COSTS

Acupuncture / cupping / gua sha: up to one hour per session for $150. Sessions are billed separately. During the three-month plan, no separate five-session package purchase is required. During the six-month plan, the $150 rate applies to up to six sessions; additional sessions are $200 each.

Medical plan total if both phases are chosen: $3,300, including the initial consultation. Acupuncture, cupping, gua sha, herbal products, supplements, laboratory tests, imaging, and other separately billed services are additional.

Before enrollment, we review anticipated additional costs and payment and cancellation terms. This overview describes the care pathway; your enrollment agreement contains the full terms.