

## How to decide which type of acupuncture to choose? Individual vs. Community

<b>Setting and Environment</b>	
<p><b>Individual Acupuncture</b></p> <ul style="list-style-type: none"> <li>• Treatment in a private room</li> <li>• Focused and individualized experience</li> <li>• Other acupuncture modalities may be used such as cupping, gua sha, electro-acupuncture and qi gong exercises.</li> </ul>	<p><b>Community Acupuncture</b></p> <ul style="list-style-type: none"> <li>• Shared, open room with multiple people being treated at the same time</li> <li>• Usually quiet space, but the acupuncturist may move around between clients</li> <li>• Patients remain fully clothed with needles placed in accessible areas such as the arms, legs or head rather than on the torso.</li> </ul>
<b>Cost and Accessibility</b>	
<p><b>Individual</b></p> <ul style="list-style-type: none"> <li>• More expensive due to one-to-one setting</li> <li>• Insurance may sometimes cover it, depending on your plan</li> </ul> <p><b>Cost in our clinic:</b></p> <ul style="list-style-type: none"> <li>• Initial treatment: \$90</li> <li>• Follow up treatments: \$70</li> </ul>	<p><b>Community</b></p> <ul style="list-style-type: none"> <li>• More affordable because multiple people are treated at once</li> <li>• Usually not covered by insurance</li> </ul> <p><b>Cost in our clinic:</b></p> <ul style="list-style-type: none"> <li>• \$30 (cash) \$32 (credit card)</li> </ul>
<b>Treatment Focus</b>	
<p><b>Individual Acupuncture</b></p> <ul style="list-style-type: none"> <li>• Treatment tailored specifically to patient's unique needs, and symptoms in detail.</li> <li>• Patient may discuss their medical history and current symptoms in-depth</li> </ul>	<p><b>Community Acupuncture</b></p> <ul style="list-style-type: none"> <li>• Focus on treating common conditions with a generalized approach utilizing combination of balance and TCM acupuncture</li> </ul>
<b>Frequency of Treatment</b>	
<p><b>Individual Acupuncture</b></p> <ul style="list-style-type: none"> <li>• Due to higher cost, people may attend less frequently (once a week or bi-weekly)</li> </ul>	<p><b>Community Acupuncture</b></p> <ul style="list-style-type: none"> <li>• The lower cost enables more frequent treatments, which is beneficial for chronic conditions that require regular treatments.</li> </ul>

