

Center for Integrative Medicine and Wellness

7221 Pineville Matthews Road Suite 200

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WELCOME

Thank you for choosing our Integrative Medicine and Wellness practice. We will try to provide the best evaluation and treatment of your medical problems. Our staff is proud to maintain the highest possible level of integrity and communication. This information is provided to help you understand how our office works. We will commit to share responsibility for respecting our office policies so that we can continue a long-term and mutually beneficial patient-physician relationship.

SHIRLEY HOUSTON, MD

Dr. Houston is a board-certified internist with 20 years of experience. She is also a trained medical acupuncturist and most recently, was a physician at the Presbyterian Center for Integrative Medicine at Presbyterian Hospital, where she practiced integrative medicine, a blending or combination of conventional internal medicine and alternative medicine.

Dr. Houston's current practice focuses on life-style changes and well being for her patients. Her practice encompasses office-based internal medicine, medical acupuncture, auricular (ear) acupuncture, nutritional counseling, and herbal therapy.

PATIENT INFORMATION

A new patient appointment can last up to 1.5 to 2 hours, depending on the complexities of your case. Patients are asked to share their past medical history, personal experiences, beliefs and goals. Some treatment recommendations may be offered at the initial consultation or at a follow up visit. The follow up visits typically last 30 to 45 minutes. Acupuncture treatments typically last 30 to 45 minutes.

OFFICE HOURS AND APPOINTMENTS

For initial consultations, you may be required to obtain medical records and provide them for our review. Please bring your completed medical history form to your first visit. You are reminded to bring all prescription drugs, vitamins and supplements you take (or a complete list), and arrive at least 15 minutes prior to your scheduled appointment.

We firmly believe in the value of your time, and we will always do our best to honor your appointment. In return, we ask that if you need to cancel your appointment, you should notify our office at least one day in advance to avoid a cancellation fee of \$50.00. Please advise us, however, of any extenuating circumstances.

BILLING INFORMATION

The Center for Integrative Medicine and Wellness is established as a self pay center. Please be prepared to pay for all charges on the same day of service (unless prior arrangements have been made. If you wish to try to obtain insurance reimbursement on your own, documentation of your clinic visit can be obtained (a superbill). Listed below are average costs.

Initial consultations \$220 to \$350

Physicals: approximately \$120-\$250 (depending on the level of care needed)

Acupuncture Treatments: \$140 or above per visit depending on the use of Infrared heat, cupping, etc.

We are always happy to discuss our fees with you. If you have any questions, please feel free to contact our office. ****PLEASE NOTE THAT FEES ARE SUBJECT TO CHANGE WITHOUR PRIOR NOTICE****

Returned checks are subject to a \$25.00 service charge, and will preclude us from continuing to accept personal checks from you.

EMERGENCIES

You are asked to maintain a relationship with your primary or specialty care provider in the event that emergency care is required.

MEDICAL RECORDS AND CONFIDENTIALITY

All of your medical records are kept confidential. It is our office policy that that we will not release any of your personal medical information to anyone without your expressed written consent.

Copying of lengthy medical records is subject to a fee of \$25.00