



WHAT SHOULD I EXPECT FOR MY IN-PERSON ACUPUNCTURE/BODYWORK VISIT WITH DR. HAMILTON?

HOW TO PREPARE

Please complete your [new patient intake paperwork](#) well in advance of your first appointment so that I can review your concerns, symptoms, and pertinent health information ahead of our time together.

TELL ME ABOUT ARRIVAL + PARKING

The in-person aspect of my practice is located within the Lowry Rose building on the Isles side of the Lowry Hill neighborhood:

[2124 DUPONT AVENUE SOUTH, SUITE #202](#)
[MINNEAPOLIS, MN 55405](#)

There is plenty of on-street parking and ONE (1) reserved parking spot (SPACE #6) in the small lot behind the building. If space #6 is not available, please do not park in any of the other reserved spaces.

For those of you whose appointments occur outside of 9-5 business hours, you will be provided with a keycode to enter the front door of the building.

Please plan on arriving 10-15 minutes before your appointment to allow time to transition and getting settled. You may wait in the second floor lobby before your appointment and you will be greeted when it's time for your appointment.

APPOINTMENT STRUCTURE

Once you arrive, you can expect that we will check in about your current symptoms and how you are feeling for about 10-15 minutes so that I can get a sense of the areas of focus. If your main concerns involve a physical pain pattern, we may do a few movement assessments before getting started with treatment. Then I will step out and allow you to get settled on the treatment table.

Our treatment time will start with some brief assessments. My training and background may be different from what you are familiar with. I will assess your body using tools from an East Asian medicine approach (this might include listening to your pulse, a brief and comfortable assessment of your abdomen, different ways of assessing the body and meridian imbalances). I will provide any comments or descriptions about this process that we both feel are helpful for you to know.

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Following assessment, we will co-create a treatment according to what feels most comfortable, effective, and supportive for you and your body. For some people, this may mean an acupuncture treatment resting with needles, for others this may mean non-needle meridian-balancing techniques, and for others this may involve a variety of hands-on bodywork treatment approaches (myofascial release, gentle abdominal work, active stretching exercises, or cranialsacral therapy). If you've never had acupuncture before, don't worry. There are lots of treatment options to choose from, so if anything doesn't feel comfortable, we can choose other modalities for your care.

A first visit that I have with you will likely involve more discussion and narrative as we get to know each other. We may spend more time during treatment reviewing details about your experience, answering any questions that might arise, or explaining treatment plan options.

I may have herbal prescriptions (formulas), dietary/lifestyle, or therapeutic exercise recommendations for you as part of your appointment.

For more in-depth medical guidance such as how to navigate your conventional care, changes to supplements or medications, or interpretations of lab results, please schedule [virtual naturopathic care](#).

WHAT SHOULD I WEAR TO MY APPOINTMENT?

Typically, my acupuncture/bodywork set up is similar to massage: patients can dress down to their comfort (underwear) and are under draped sheets and blankets throughout the entirety of the treatment. Modesty, comfort, and safety are prioritized. A table warmer is available. This set-up allows us to access any areas of treatment with ease and therapies will not be constrained by street clothes, etc.

For those that are not comfortable dressing down for their acupuncture/bodywork appointment, come with loose-fitting clothes that allow comfort and access around the arms (above the elbows), legs (above the knees), and midsection.

NAVIGATING ILLNESSES + COVID

My practice is designated as a healthcare facility. Masks for patients are optional.

As we continue to navigate the complexities of COVID and other illnesses, please keep in touch if scenarios around exposure or symptoms arise. I am often quick to respond to emails and am happy to give you a phone call to talk through situations if you are in doubt or need to reschedule. Last minute cancellations are hard on all of us, so let me know as soon as you can so that I have a chance to fill your appointment spot if needed.

REGARDING MY CANCELLATION POLICY

I maintain a 24-hour cancellation policy to sustain my practice. Outside of true emergencies, I do need to charge the full fee of missed appointments cancelled with less than a 24-hour notice. It is challenging and unsustainable to fill slots with short notice.

There are a few exceptions to my cancellation policy in which I waive the cancellation fee (sickness, inclement weather and true emergencies). Please let me know ASAP if you need to cancel your appointment.

TELL ME ABOUT DR. HAMILTON'S SEASONAL SCHEDULE

My schedule is open for acupuncture/bodywork appointments seasonally Spring / Summer / Fall / and Winter for 4-6 week-long periods.

In-person spots are limited, but this schedule also helps me to ensure I have time to work with patients on foundations of health via virtual care platforms and sustain my practice and energy. Once you have established care with me, I would recommend that you book your appointments well in advance to secure your preferred times as they will fill up quickly.

DO YOU TAKE INSURANCE?

I do not work directly with insurance.

I can provide you with a superbill that you can submit to your insurance company for reimbursement. My practice is also eligible for FSA/HSA spending.

I have found that as hard as I try, credentialing directly with insurance companies deeply impacts my ability to sustain the energy it takes to run a quality practice free from administrative oversight and bureaucratic interference.

HELP ME HELP YOU

My time in the treatment space are focused on you, your treatment, and care. You are invited to attend to the administrative aspects of your visits (scheduling, payments, logistics) outside of our in-person time together. For example, my practice will send patients a digital invoice following each treatment time rather than process payments during time that we could instead be focusing on your care.

Attending to the myriad logistics outside of our visit will help keep administrative costs low and helps keep our treatment time feeling grounded and centered on you feeling better.