General Wellness & Maintenance

Patient: _____ Date: _____

STARTING TREATMENT PLAN

4–6 visits, then reassess

weekly to start

A preliminary care estimate—not an average time to heal or a guarantee.

WHAT TO EXPECT

Personal goals may include relaxation, comfort or better sleep.

AFTER YOUR TREATMENT

Keep up regular sleep, meals, hydration and comfortable activity.

WE WILL TRACK

Your chosen goals, comfort, sleep and function.

AFTER 2–4 TREATMENTS

We will review your response and daily function, then refine your timeline, visit frequency and next steps.

WHEN TO SEEK MEDICAL HELP

Unexplained persistent or worsening symptoms need medical evaluation.

YOUR GOALS & FOLLOW-UP

Goal 1: _____

Goal 2: _____

Review at visit: Updated schedule: _____

Acupuncture supports care but does not replace medical diagnosis, essential treatment or emergency care. Results vary.