

Integrative Medicine maximizes the body's innate potential for self healing. Benefits of our services are a general sense of well-being, better sleep quality, increased range of motion, improved digestion, pain relief, and relaxation. We are committed to providing the most appropriate and effective treatments for every person. Positive outcomes reinforce that integrating mind and body techniques enhances the healing process.

Integrative Medicine offers functional therapies, classes and education designed for patients with: cancer, pain, arthritis, nervous system diseases, stress/anxiety, headaches, chronic recurrent illness, and a variety of other health conditions.

Consider our services for:

- Addictions
- Anxiety and depression
- Arthritis (Osteo & Rheumatoid)
- Asthma and allergies
- Bell's palsy and trigeminal neuralgia
- Dietary supplement management
- Chemotherapy and radiation support
- Headaches
- Immune system support
- Insomnia
- Menopausal/menstrual support
- Pain management
- Parkinson's disease
- Seasonal allergies
- Smoking cessation
- Stress reduction
- Surgery preparation and recovery
- Weight management

Many Integrative Medicine services are covered by insurance. Please verify coverage with your insurance carrier and call 860.972.4444 for more information.

Integrative Medicine Locations

**Hartford HealthCare
Cancer Institute**
80 Fisher Drive, Avon
560 Hudson Street, Suite 253, Hartford

**Hartford HealthCare
Bone & Joint Institute**
32 Seymour Street, 1st floor, Hartford

**Hartford HealthCare
Ayer Neuroscience Institute**
35 Talcottville Road, Suite 6, Vernon
280 South Main Street, Suite 102, Cheshire
100 Perkins Farm Drive, Suite 102, Mystic

**Hartford HealthCare
Ayer Neuroscience Institute
Spine Wellness Center**
300 Post Road West, Suite 201, Westport

**The Hospital of Central Connecticut
Spine Center**
100 Grand Street, Suite 170, New Britain

phone: 860.972.4444
fax: 860.545.4311
e-mail: therapies.integrative@hhchealth.org
hartfordhospital.org/services/integrative-medicine



Integrative Medicine

Offering compassionate care to heal the body, mind and spirit



Integrative Medicine Physician Consultations

Physician visits include comprehensive health histories and review of diet, nutritional supplementation and lifestyle. Physicians can order additional laboratory or diagnostic tests to help develop a unique treatment plan that will address health concerns. Visits to the Integrative Medicine physicians and physician assistants may be covered by health insurance. Please check your individual plan and call for more information.

Therapeutic Massage/Reflexology

A hands-on soft tissue manipulation, massage facilitates a slowing down and quieting of the mind and body. It also helps relieve stress and pain. Techniques include: Swedish, deep tissue, sports, manual lymph drainage, pregnancy, chair and cranial-sacral therapy.

If your insurance does not cover therapeutic massage, the self-pay cost is \$40/half hour, \$80/hour, or \$120/90 minutes.

All practitioners are licensed massage therapists and members of the adjunct medical staff at Hartford Hospital.

Acupuncture

Acupuncture is the process of applying tiny needles to specific points on the body. It relieves a wide variety of symptoms and increases the function and quality of peoples' lives. All acupuncturists are nationally board-certified, maintain Connecticut state licenses and are members of the adjunct medical staff at Hartford Hospital.

If your insurance does not cover acupuncture, the self-pay cost is \$80 per session.

Art For Healing

Expressive art is a creative process that is used as a diversion to reduce stress and promote wellness. No art experience is required to participate. Most programs are offered free of charge to patients and family members.

Mindfulness-based Stress Reduction

Mindfulness-based Stress Reduction (MBSR) is a patient-centered educational approach that uses intensive training in mindfulness meditation to teach people how to take better care of themselves and live healthier lives. Our instructors meet the qualifications and recommended guidelines for MBSR teachers.

Prepare and Recover from Surgery

Our integrative medicine physicians will meet with you and form a personalized healthcare plan that emphasizes:

1. Pain management using acupuncture, energy therapy, massage, hypnosis and guided imagery.
2. Inflammation management combining diet and supplement use with acupuncture, energy therapy and guided imagery.
3. Healthy sleep with the help of suggested natural sleep remedies to help your post-surgical recovery and healing.

Reiki and Energy Therapy

Reiki is one form of energy therapy, a gentle, hands-on relaxation technique to help you feel calmer and more comfortable, facilitating the healing of mind, body and spirit.

Guided Imagery

Guided imagery is a gentle but powerful technique that focuses and directs thoughts and imagination to induce a beneficial outcome such as reducing stress, improving performance, managing insomnia or phobias, and promoting health.

Wellness Classes

Classes include: expressive art, cancer wellness support, cooking and eating healthy, qigong, hypnosis, reiki, stress management, therapeutic touch, Tai Chi, Tibetan singing bowls, and yoga. Lunch and Learn programs on a variety of topics are also available.

Class offerings are updated quarterly. For current listings, visit hartfordhospital.org/services/integrative-medicine and select "Programs & Classes."

.....
Call 860.972.4444 for more information or to book an appointment
.....

For more information on our Volunteer Program or to become a trained art or Reiki volunteer, call Eileen Pelletier, manager of Volunteer Services at Hartford Hospital, at 860.972.2448.

