



Everything You Need to Know About Integrative Medicine

Services Offered

- **Integrative Medicine/Naturopathic Physician Consultations**

- 60-minute intake with comprehensive review of health histories, diet, supplementation, and lifestyle, and may include ordering of laboratory/diagnostic tests
- 30-minute follow-ups may involve lab reviews to help develop a unique treatment plan that addresses health concerns, continual adjustments to nutrition and supplementation, and ongoing functional therapy management for a variety of conditions
- Most insurance providers will cover for these specialist office visits, with the exception of Medicare

- **Therapeutic Massage**

- Visits can range from 30 to 90 minutes, most often 60 minutes
- Hands-on soft tissue manipulation, including techniques such as Swedish massage, deep tissue, sports massage, manual lymph drainage, pregnancy, chair, and cranial-sacral
- Many patients without insurance coverage for therapeutic massage will utilize our self-pay option. Costs are \$40/30-minutes, \$80/60-minutes, and \$120/90-minutes.
- All practitioners are licensed massage therapists and are adjunct members of the medical staff at Hartford Hospital

- **Acupuncture**

- New patient visits are 60-minutes, and established patient visits are 30-40 minutes
- Common treatment plans involve 1-2 sessions per week, with the number depending on your condition and severity. Many patients will receive 6-8 treatments, and chronic conditions may require ongoing treatments monthly
- Tiny needles are placed on specific body parts, usually causing little to no discomfort, to relieve a wide variety of symptoms and to increase the function and quality of patient's lives. Between 5-20 needles are used in a typical treatment, and they may be placed close to or far from the areas of pain. You may experience a mild aching sensation. Your provider may gently move or twirl the needles, apply heat, apply cupping, or mild electrical pulses (estim). Needles remain in place for 15-30 minutes while you lie still and relax
- Practitioners may ask about symptoms, behaviors and lifestyle, examine the shape, color, and coating of your tongue, and assess the strength, rhythm, and quality of pulse in your wrist
- It is most appropriate to wear loose, comfortable clothing similar to what you might wear to exercise. A gown, sheet, or blanket can also be provided
- A bell or buzzer may be provided so that you can communicate if there is discomfort and you need to adjust your position



Services Offered *continued*

• **Acupuncture** *continued*

- After the session, some people feel relaxed while others feel energized. If your symptoms do not improve after a few weeks, acupuncture may not be right for you
- We encourage patients to call their insurance provider prior to starting treatment to ask about specific acupuncture benefits in their plan. If you do not have acupuncture coverage, the self-pay cost is \$80 per session
- All acupuncturists are nationally board-certified, maintain CT state licenses, and are members of the adjunct medical staff at Hartford Hospital

• **Art for Healing**

- Art services are offered to inpatients at Hartford Hospital free-of-charge and no prior experience necessary
- Expressive art is a creative process used as a diversion to reduce stress and promote wellness

• **Reiki**

- Reiki is a hands-on Japanese energy healing technique used for stress reduction, relaxation, pain management, and improved immune function, in conjunction with other Integrative Therapies
- Performed by a certified Reiki practitioner
- Participants are fully clothed, and sessions may be seated, lying down, or standing. Practitioner's hands use extremely gentle touch. Sessions are \$40/30 min, \$60/45 min, or \$80/60 min, paid out-of-pocket

• **Wellness Classes**

- Class offerings are updated quarterly on the Hartford HealthCare web-page for Classes & Events
- Some of our common classes are QiGong, Tai Chi, Expressive Art, Zentangle and Yoga
- Registration is usually required online and payments can be made in advance

• **About insurance:**

- We encourage all patients to call the Member Services phone number on the back of their medical insurance card to inquire about their specific benefits for acupuncture, naturopathic physicians, and/or massage therapy
- While some patients have no coverage, others may learn that they have unlimited visits for these services, which is why it is so important to speak with your plan directly to learn the details associated with your benefits
- If you do not have insurance coverage, most of our services have associated self-pay costs

• **Locations:**

Avon 80 Fisher Drive

Cheshire 280 South Main Street

Hartford 560 Hudson Street

Hartford 32 Seymour Street

Mystic 100 Perkins Farm Drive

New Britain 100 Grand Street

New Britain 183 North Mountain Road

Vernon 35 Talcottville Road

Westport 300 Post Road West

Contact information

Call **860.972.4444** or visit **www.hartfordhospital.org/services/integrative-medicine**
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