



Welcome to the office of Mary A. Whalen, DC. Today we will be working together. The foundation of our work is spinal health, using manual therapies (cranial, visceral, muscle energy) and gentle spinal manipulation, guided by the following principles:

- ❖ The body has an intrinsic ability to heal itself. By supporting the optimal functioning of your nervous system, you will move toward optimal wellness.
- ❖ Each of us is responsible for our health. Therefore, active participation and clear communication by both of us is essential.
- ❖ Healing is a **unique process** for each individual. I choose to respect and facilitate **your** process. You have the power to heal yourself.

Our work begins with an evaluation, discussion of the results, and a joint decision-making process on the components of your individualized treatment program.

I bring to these sessions a background in psychology, chemistry, and social work. I completed my Doctorate of Chiropractic, an intensive post-graduate, four-year degree, at Palmer College of Chiropractic-West in Sunnyvale, California. I have pursued additional training in Gentle Spinal and Soft Tissue Manipulation, Cranial and Visceral Manipulation and Therapeutic Touch. I have been practicing since 1990.

The fee schedule includes:

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| ❖ New Patient Intake/Brief/ CHILD Exam (12 and under) | \$150.00 |
| ❖ New Patient Intake/Regional/ TEEN Exam (13 to 17) | \$200.00 |
| ❖ New Patient Intake/ INTERMEDIATE Exam | \$300.00 |
| ❖ New Patient Intake/ COMPREHENSIVE Exam | \$400.00 |
| ❖ New Patient History/Brief Exam/Manual Therapies
90-minute session | \$240.00 |
| ❖ Consultation/Brief History and Exam/ Manual Therapies
(Request from current practitioner) | \$200.00 |

Thereafter:

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| ❖ Treatment Sessions (one hour)
Extended Sessions are in increments of one hour | \$160.00 |
| ❖ Treatment Sessions (90 minutes) | \$240.00 |

I request full payment at the time of service, unless other payment arrangements have been made. Billing information is provided once per month whenever you have activity on your account. Insurance forms will be provided to you upon request. Written reports will be provided upon request for a fee of \$100.00 per hour.

Please note: you will be billed in full for any missed appointments that are not cancelled at least 48 hours in advance.

May we work together to support your process for experiencing optimal health and wellness.