

Our new patient process supports our approach for a comprehensive evaluation and entrusted partnership.

This is why we request a “Personal Health Narrative.” The health narrative is typically between 1-3 typed pages. We know you have a lot to say, and WE know it is our job to LISTEN.

It is preferred that you email your health narrative 24-48 hours before your appointment with your name and the words “HEALTH NARRATIVE” in the subject line to goodhealthdsm@gmail.com

We know you have been to many providers and specialists prior to us. You may have been seeking a diagnosis or 2nd opinion. We get it. We have been there too. We value all information and appreciate the steps/actions and efforts prior to finding us. A persons' health is their most valuable investment.

- How did/does your health concern impact your childhood, career, family and desires?
- Do you have support at home?
- What are the repeating thoughts that keep you up at night?
- Do you remember the moment of diagnosis? What did you hear, smell, see, and feel at that time?
- What would you like to tell the health care providers you have interacted with? Is there anything they did particularly well, or particularly badly? What would you like to teach them to help them do their job better?
- What important lesson(s) have you learned in facing chronic pain?
- Has your condition changed your goals and passions? If so, how?
- Have your personal relationships changed as you have dealt with pain?
- How have you grown (emotionally, psychologically, creatively, spiritually, etc.) through this personal health experience?
- What has been the hardest part about dealing with your diagnosis?
- If you could go back and address your health concern when it began, what would you have done differently?
- In your life so far, is there anything important that has been left unsaid or undone?
- How has your condition changed the way you think about yourself? How others treat you?
- Does spirituality play a role in your health? If so, how has your spirituality been a part of your pain experience?
- Do you have any words of wisdom or advice about dealing with a chronic condition that you would like to share?

We ask that you help the Acupuncturist better understand your personal situation and how your health condition affects you and those you love.

Below are some ideas others have used to get them started. It is not a list of required questions.

Please note: Although not preferred, you may bring “health narrative” with you to your first appointment if prior delivery is not possible.

There will be less “treatment/needle” time at your first visit if that is the first time the Acupuncturist will be seeing your health narrative.