

# One Body Acupuncture

## One Body Acupuncture Plan Decision Guide



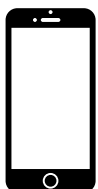
# One Body Acupuncture is a complementary healthcare clinic and we have plans for you

One Body Acupuncture is going beyond insurance to become your partner in health. We strive to provide more than just your basic health plan procedures. We'll help you select the right One Body Acupuncture plan for your needs, and we're here to help you on your health journey.

- Hundreds of Californian have selected One Body Acupuncture. With over a decade in the healthcare industry, One Body Acupuncture is a local Carlsbad clinic you can trust.
- We work hard to help you potentially save on healthcare with affordable care plans. In 2020, the world came through a pandemic and sadly millions did not receive the necessary access to healthcare until 2023.

One Body Acupuncture worked to meet the precautions to safely open our doors to care for patients. We taught members via telehealth to look to their cupboards for simple kitchen remedies saving them hundreds on unnecessary trips to urgent care.

If you're seeking complementary healthcare, you may be eligible. See if you are a candidate. A Special Enrollment Packet (SEP) is available for you. One Body Acupuncture has a variety of Plan options to fit your lifestyle and your budget.



Call One Body Acupuncture today.  
Call 1-760-331-4271 (TEXT: OBACARE) 10 a.m. - 5 p.m.,  
daily or visit [onebodylac.com](http://onebodylac.com)





## What is the Advantage of One Body Acupuncture complementary healthcare?

One Body Acupuncture complementary healthcare is a whole person approach to wellbeing. Whole person health refers to helping individuals, families, communities, and populations to improve and restore their health in multiple interconnected domains—biological, behavioral, social, and environmental—rather than just treating disease.



PLAN A

### **Integrative Approaches for Pain Management.**

We've developed an innovative treatment model to benefit your conditions. The goal is to help patients feel and function better and reduce their need for pain medicines that can have serious side effects.



PLAN B

### **Guidelines for time.**

The total length of the treatment is extended when intervention parameters and time tables are critically important for specific methodology.



PLAN C

### **Integrative Approaches and Health-Related Behaviors.**

We provide evidence-based interventions to our patients. Mindfulness based programs can improve weight loss and smoking cessation.



PLAN D

### **We develop Integrative approaches used for prevention and maintenance.**

Overall wellbeing, relaxation, stress reduction and cosmetic rejuvenation. Adding mindfulness meditation, self-hypnosis, or other complementary approaches allows for optimal intervention.



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# Ask yourself important questions

Make a better decision by understanding what's most important to you.

## **What matters most to me?**

Before reviewing our available plans, you may want to consider what factors in the decision-making process matter the most to you. Are you:

- Concerned about cost?
- Looking for a interventions crafted to fit your needs, more time & enhanced availability with your clinic provider?
- Want the freedom to choose a treatment choice using the full scope of complementary medicine?

## **Why do I need more than the conventional standard of care?**

Conventional care using insurance covers pain management for musculoskeletal complaints only. Any concerns outside the spectrum of a standard episode of care remains outside the scope of claims reimbursement.

- Your provider knows the system and can explain that conventional care comes with breaks in care due to insurers treatment review policies, paperwork requirements and compliance task.
- Insured care may only cover 10 percent of the care recommended by your provider, leaving you responsible for the remaining 90 percent.
- Conventional care doesn't cover other medical services you might need, such as herbal and supplement consultation, manual therapy, comfort care or alternative interventions like patient education and coaching.
- You can even be denied a continuation of care when it's not determined medically necessary by third parties.
- Insurance companies want to save money for their plan carriers by making cost-effective decisions that result in a limit on your care.
- Insurance is not designed to help you personalize your care or receive your maximum benefit.

## **How can I get help with uncovered expenses?**

- A One Body Acupuncture plan goes even further, generally covering more medical services at an affordable cost.
- Depending on your needs, you may be able to combine plans to receive all-in-one benefits.

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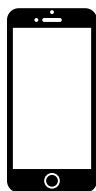
## Look for a plan that's right for you

We can help you develop a plan that fits your health and wellness needs and your budget.

We know medical decisions can be confusing at times. The more you understand how the program works, the easier it will be for you to know which plan is best for your needs. In this 2024 One Body Acupuncture Decision Guide, you'll find valuable information to help you choose a plan that's right for you.

### Give us a call

- Knowledgeable representatives are just a phone call away to provide help or answer questions.
- When you're ready to enroll, our Representatives are ready to help you through every step of the process.



Have questions? Ready to consult?

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## Make the most of your One Body Acupuncture plan

With One Body Acupuncture plans, you get more than just health care. You also get programs and tools designed to help you live a fuller, healthier, more active life.

### Here's what you could enjoy with a One Body Acupuncture plan ...

	Conventional Care	One Body Acupuncture Care Plans may include *
Provider visits and pain management sessions	✓	✓
Doctor visits and preventive sessions		✓
Direct Access / No referral required		✓
After hours availability		✓
Health and wellness programs		✓
Herbal and supplement consultations		✓
Relaxation and stress management programs		✓
Knowledgeable, representatives to answer questions and help you enroll		✓
Cosmetic Rejuvenation Services		✓

\*This information is not a complete description of benefits. Benefits vary by Plan and not all benefits listed are available on every plan.



# One Body Acupuncture Plans

Get all the benefits of One Body Acupuncture care, plus options to add herbs and supplement consultation, mindfulness and stress management programs all in affordable plan cost.

**Added services and benefits to support your well-being.**

**Many plans include:**



## Telehealth Support Resources

Resources for those who don't always need to make a trip into the office.



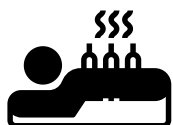
## Herbal and Supplement Consults

Resources for those seeking alternatives.



## Mindfulness Support Services

Convenient access to online resources at your finger tips.



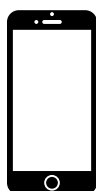
## Innovative Relaxation Technology

Administered by trained team members.



## Cosmetic Rejuvenation

Applied techniques to support your internal and external being.



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## Integrative Approaches for Pain Management (Plan A).

The goal is to help patients feel and function better and reduce their need for pain medicines.

Twenty-four (24) Thirty minute Acupuncture or Electro Acupuncture sessions

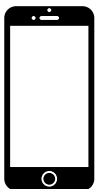
Includes vasopneumatic cupping and infrared heat therapy as needed

You can enroll in as a stand-alone plan or as part of a combined plan.

You can have extra time at 15% discount.

Three-month initial enrollment period (IEP).

Est. cost, \$2,496 - \$3,048



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## Guidelines for time when longer treatments are essential to a successful outcome (Plan B).

You have all of Plan A, plus 30 extra session minutes.

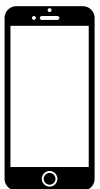
Includes physical modalities like ultrasound, hot and cold packs, moxibustion, electric stimulation, and education as needed.

You also receive Smart Summary Benefits. A personalized statement that summarizes your utilization of care.

Includes Herbal Recommendation.

You can have herbs and supplements mailed directly to you.

Est. Cost, \$4,608 - \$5,784



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## Integrative Approaches Supporting Health-Related Behaviors. (Plan C).

Plans integrated with mindfulness designed to manage weight loss and smoking cessation.

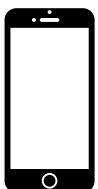
Three-month initial enrollment period (IEP).

National Acupuncture Detoxification Association's (NADA) protocol - Ear Acupuncture Points

Up to Five 25 minute treatments per week

Must attend sessions at least 2 times per week

Est. cost, \$600 - \$1,500



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## Integrative approaches used for stress reduction, relaxation and cosmetic rejuvenation (Plan D).

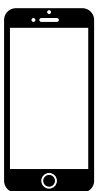
More time for relaxation and rejuvenation.

Paperwork is minimal.

You can choose a one hour session for Acupuncture stress reduction 4x/month or Facial Rejuvenation spaced 30 days apart.

Includes modalities like ultrasound, hot and cold packs, moxibustion, electric stimulation, color therapy, LED light therapy, BioMat and education as needed with acupuncture.

Est. cost, \$4,500 - \$11,568 See Page 13 (2) and (3)



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# Seven reasons why you should choose One Body Acupuncture for your complementary health plan

## 1. PEACE OF MIND

With a One Body Acupuncture plans, you get more than just health care. With many One Body Acupuncture plans you also get access to extra benefits and services designed to help you live a fuller, healthier, more active life.

## 2. MORE COVERAGE

We combine all the benefits of conventional insurance procedures with options to add herbal and supplement consultations, stress and relaxation, and cosmetic rejuvenating benefits.

## 3. EXTRA BENEFITS & SERVICES

Most plans do not include extras like health education programs, preventive services, and comfort care for when you desire extra time - plus more!

## 4. COMPETITIVE PRICING

One Body Acupuncture offers a range of affordable monthly plans with costs to fit your needs and budget.

## 5. EASY-TO-USE PLANS

With most One Body Acupuncture Complementary plans, herbal and supplement consultation coverage is usually built in. All questions can be answered by a knowledgeable representative with a simple call to our office.

## 6. PROVEN TRUSTWORTHY

One Body Acupuncture is going beyond patient centered care to become your partner in health. One Body Acupuncture is a local Carlsbad, California company. Our founder has over 15 years in the healthcare industry.

## 7. IMPRESSIVE OUTCOMES

In 2024, One Body Acupuncture launched its complementary plans to increase the quality and delivery of personalized care to the community. One Body Acupuncture plans to move you forward so, you can enjoy more time being in your prime.



## Mark your calendar

Now is the time to enroll, the only restrictions is that you meet our criteria for successful plan enrollment. We offer a limited number of time slots per week to meet with the Doctor. Our valued team members are available to help you enroll.

### Do you qualify to enroll in a One Body Acupuncture Plan?

- You can qualify once you've completed your consultation.
- A consult is necessary to determine your Initial Enrollment Period (IEP) needs.



Three-month Initial Enrollment Period (IEP) (1)



**X 2**

Six-month Initial Enrollment Period (IEP) (2)



**X 4**

Twelve-month Initial Enrollment Period (IEP) (3)

### Why do I need a Plan?

Plans are best for ongoing wellness because healing and significant change takes time.

- You are not limited to how many monthly visits you can schedule or the number of problems you are trying to treat.
- When your system needs a reset or when you are initially trying to treat a problem our plan access can make it simpler to get you to your prime.
- None of our plan services are eligible for coverage by insurance because our plans typically include prevention, maintenance, lifestyle activities, dietary guidelines, targeted nutritional or herbal supplementation as needed.

### Are you qualified to enroll as a candidate for One Body Acupuncture plans?

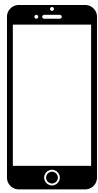
For a successful partnership with your One Body Acupuncture plan clinician, you can be a candidate if you are :

- A highly motivated patient
- Willing to make diet, nutritional and lifestyle change
- Have financial resources to pay for care not covered by insurance



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## Compare and Contrast the Costs

The plans range between \$600 - \$11,568

What is your health worth?

Let's be honest — the road to health is not easy. If it was, everyone would be healthy. Before contacting us, I recommend you truly ask yourself what your health and well being is worth to you.

Do you look at your health as an investment, or an expense?

Are you happy just getting by?

Are you content being sick and popping pills to cover up the problem?

If so, you should reconsider before calling.

Sick care can sometimes be cheaper in the immediate short term by covering up a symptom or condition. But in the long run (3-4 months or more), the cost of continuing on medications, developing new conditions because you didn't fix the underlying cause, and the downward spiral that often occurs will get very expensive, very fast. Trust me, I've been there.

The average cost of using medications to treat chronic conditions is more than 10-20 times what it costs to treat them by finding the root cause. And that is in a period of just 1-2 years. If you have a broken pipe flooding your house, you can either divert the water or fix the pipe. If you wouldn't even think twice about how to take care of your house or car, why do you do it with your health?

If your health is important to you, and you are willing to spend the time, effort, and money to finally get to the root problem and stay healthy, then give us a call to enroll.





*Control What You Can!*