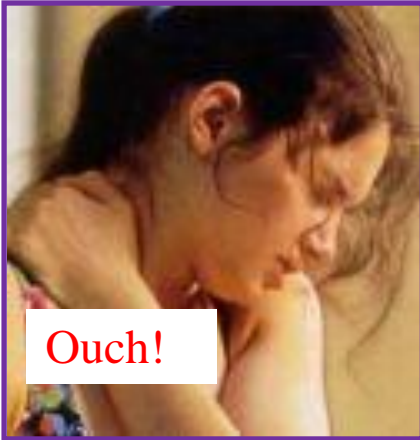


## Monthly Wellness Bulletin

### Reducing Your Pain & Your Expense

# Relief Care



As chiropractors, our goals are the same as yours: the first, short-term goal is always to get you out of pain. ***This is called relief care.*** What can we do? When you come to us in pain, we begin with the most thorough exam possible to pinpoint your problem. As a team we work as quickly as we can to offer you the most effective pain-relief treatment. Sometimes the relief is immediate, but almost always after a few chiropractic adjustments and therapies, we can guarantee that your pain is gone or at least greatly diminished. We try to be mindful of your insurance coverage (if you have coverage), and try to keep the costs to you as minimal as possible. Our goal, like yours, is to get the most treatment for the least cost. Generally speaking, most in-network insurance plans offer some coverage for this portion of your treatment.

**Problem solved? Not always....**

# Preventive Care

What most people don't realize is that there is usually an underlying problem to your original pain, which means the pain is likely to return unless you have the tools to stay healthy. As your caregiver, our long-term goal is to provide you with those tools to keep you pain-free and self-reliant about your health. ***This is called preventive care.*** For those of you who have insurance coverage, the changing nature of industry trends is sure to make it difficult and confusing to know where to begin and end your treatments. A lot of insurance companies are no longer willing to pay for treatments after your relief care, even though you might not have reached your maximum number of "allowed visits" and are still in some pain. The thing to keep in mind is that preventive care can actually cost you less in the long-run, and that regular visits for preventive care usually cost about what your co-pay or co-insurance might cost. We can help you tailor a program of preventive care that can actually save you money in the end and keep you pain-free for a long time. Our preventive prescriptions might include nutritional and exercise counseling, Core Training, orthotics, ergonomic assessments, acupuncture, massage and other therapies, and are always formed with costs in mind and with several, affordable payment options. You don't have to end treatments; you don't have to end up in pain again.



**Talk to your doctor today to discuss our money-saving, long-term wellness plans, and stay pain-free for a lifetime. 314.644.2081**