



Dear Friend,

Thank you for your interest in FAHM's video and phone/zoom consultations. For the safety of our patients and to prevent the further spread of Covid-19, we have revised our practice guidelines for patients in accordance with CDC and WHO requirements.

We ask that you carefully read the following guidelines.

We want everybody to be happy! ;-) Our relationship is based on mutual trust. We strongly believe that a positive mood and laughter are medicine.

After the initial consultation, we will need to be in regular contact by phone or through email to discuss any challenges that you may be having and to make sure your condition is gradually improving. These check-ins are especially important during your first 1-2 months of treatment while we work to optimize your lifestyle and diet. It is also important to evaluate the effectiveness of supplements and herbs that have been recommended. Our goal is slow and gradual improvement of your health challenges.

#### **YOU SHOULD CALL US IF:**

- you experience a new symptom(s), a new health condition or just any new unusual/strange feelings;
- you are feeling that you "hit a plateau" and there is no further improvement for 2-3 weeks in a row;
- you have only 5-7 days of supplements remaining (we need a few days to ship a new supply to you);
- you have a health-related question of any kind.

**PLEASE REMEMBER:** If you do not CALL us, we will not know if you are experiencing challenges or if you are running low on supplements and herbs.

**Family Acupuncture  
& Holistic Medicine**  
30 ½ George St.  
Kittery, Maine, 03904

**Yuri Belopolsky, M.Ac.**  
Licensed Acupuncturist

**Phone: (207) 240-4100**  
[acupuncture-5-element.com](http://acupuncture-5-element.com)





**Family Acupuncture  
& Holistic Medicine**

30 ½ George St.  
Kittery, Maine, 03904

**Yuri Belopolsky, M.Ac.**  
Licensed Acupuncturist

**Phone: (207) 240-4100**

[acupuncture-5-element.com](http://acupuncture-5-element.com)



**Telemedicine fees:**

Initial video or phone consultation (includes deep case analysis after consultation is completed): \$175 (first hour) and \$35 for each additional 15 minutes (if needed)

Follow up consultations (for our regular patients to whom we supply herbs and supplements):

- Brief consultations up to 7 minutes – No charge
- 7-15 minute appointment - \$35
- 15-30 minute appointment - \$70
- 30-45 minute appointment - \$100
- 45-60 minute appointment - \$120

**Consultations can be prepaid by mailing a check payable to FAHM.**

We are looking forward to seeing you.

Please call us 207-240-4100 with any questions that you may have.

Warmly,

The FAHM Team.