

Information & Fees

Our wellness program will address the needs of our clients to help maintain their health and the maximum level of independence. Patient education in self-management is the foundation of our program. In our office, we believe in complementary medicine and patient-centered care.

About the Wellness Program

The wellness program at the ARC-Arthritis & Rheumatology Clinic is an extension of the programs we offer to our patients as part of their medical treatments. It is designed to patients who are interested in their overall wellness.

Wellness Program Benefits:

Our wellness program offers individuals an opportunity to:

Improve their physical function by

- Improving flexibility
- Increasing cardiovascular endurance
- Improving muscular toning
- Protecting back
- Decreasing arthritis and fibromyalgia pain
- Increasing psychological well-being and happiness.
- Reducing the feeling of stress, fatigue, and anxiety.
- Reducing inflammation and relieves pain and joint stiffness.
- Promoting awareness in the body-mind connections.
- Promoting healthy lifestyles.

Our programs focus on:

- Back protection
- Joint protection
- Ergonomics
- Health & wellbeing
- Holistic pain management
- Fibromyalgia

Fees:

All services are self-pay and fees are due to the first of the month or before initiating any of the wellness program services.

Initiation Fee.....	\$65.00
(One-time fee)	
<ul style="list-style-type: none"> - Health Screening - Initial meeting to discuss goals and create an wellness plan - Follow up meeting in a month to discuss progress - 30-min Biomat Infrared Therapy 	
Fibromyalgia Holistic Evaluation.....	\$65.00
<ul style="list-style-type: none"> - Holistic Evaluation - Fibromyalgia Education Class - Initial meeting to discuss goals and create wellness plan - Follow up meeting in a month to discuss progress - 30-min Biomat Infrared Therapy 	
Fitness Classes (Yoga & Tai Chi).....	Drop in \$ 10
	5 classes- \$45
	10 classes-\$70
Monthly membership (unlimited classes + (2) biomat therapy).....	\$40.00
Min 3 months commitment	
\$20 initiation fee	
Health Classes.....	\$8 per classes
<ul style="list-style-type: none"> - Arthritis - Osteoporosis - Fibromyalgia - Healthy Eating - Alternative Medicine 	
We offer a variety of topics	
Biomat Infrared Therapy.....	30 min- \$20.00
	(3) 30min- \$45.00
Neuro-analgesia Treatment (15 sessions).....	\$299.00

Pre-paid services are non-refundable and must be used within 3 months.