



# Canyon Wren

Family Medicine & Wellness, PLLC  
*an ideal medical clinic*

2345 N. 7th Street Grand Junction, CO (970)773-5713

[CanyonWrenFMW.com](http://CanyonWrenFMW.com)

**Patients want more time with their doctors.  
Doctors want more time with their patients.  
An Ideal Medical Clinic is the answer!**

## **What is an Ideal Medical Clinic/Ideal Medical Care?**

While there is no one single definition, Ideal Medical Clinics are primarily designed to cultivate a healing relationship and allow patients direct access to their physician. Fewer patients are scheduled in a day (low volume) in order to deliver this exceptional care and also prevent physician burnout. In so doing, the goal becomes healing rather than just treatment - and patients also learn to take charge of their own health.

Preventative care, acute care, simple problems or complex diagnoses: Ideal Medical Clinics make you feel better all over!

## **What makes a low-overhead/low-volume clinic possible?**

In a low-overhead/low-volume clinic, having time is possible because all the things that get between doctors and patients are cut out. You won't find a nurse, lots of medical assistants, a biller, a coder, or even a front desk person at Canyon Wren Family Medicine & Wellness - why? Because more staff means higher costs and more people to get between you and your doctor. While this means that you might get a recorded message if Dr. Wren is with another patient, it also means that Dr. Wren is the person who calls you right back! Online patient scheduling is also available for you - you can schedule your own appointments with no interference.

## **Does Dr. Wren take insurance?**

Yes! While insurance companies are generally abusive to physicians and patients alike, Dr. Wren feels that seeing a humane number of patients can help outweigh the problems and allow for patients to be cared for who would not otherwise be able to afford this kind of personalized care.

# Acupuncture Pricing

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## What kind of health care can I get at Canyon Wren Family Medicine & Wellness?

Tonya Wren, MD is a Board-Certified Family Medicine Physician who offers pediatric primary care, adult primary care, acupuncture treatment, and HeartMath self-regulation and stress management training. She is open to working together with integrative and naturopathic health providers in your care. Dr. Wren is also available outside of clinic hours for urgent issues.

## My insurance doesn't cover acupuncture. Can I afford it?

Unfortunately, most insurances don't cover acupuncture treatment. The average course of acupuncture usually involves 6-8 weekly to biweekly treatments. Dr. Wren charges less than the average for the acupuncture she offers and can work with you on payment plans if you are in financial need and are committed to improving your health with acupuncture.

## What happens in an acupuncture treatment?

Very small, sterile single-use needles are placed in the skin at specific areas in order to stimulate the body's ability to heal itself. Some people find it mildly painful with initial placement; some do not feel it at all. There should be no pain after the needles are placed. These needles are then left in for 30-45 minutes while you rest with calming music.

## Does Dr. Wren use Chinese herbal medicine?

Dr. Wren has completed training in a limited amount of Chinese herbal medicine and can add it to your treatment when appropriate.

## What is HeartMath self-regulation and stress management training?

HeartMath is a scientifically validated method for using your body's own neurologic pathways to calm a stressed brain and manage difficult emotions. It uses a computer program with a heart rate sensor to teach you this valuable technique that you can use anywhere. This training is included in the cost of a regular visit.

## Trial treatment - free!

If Dr. Wren sees you for a medical visit and feels acupuncture would be a good treatment for the condition, the first session can be given without charge if you have never experienced acupuncture treatment before. There is a very small subset of the population who do not respond to acupuncture, so this allows the opportunity to try it risk-free.

## AcuDetox ear acupuncture protocol: \$10 per session

This protocol is very useful for addiction (smoking, alcohol, drugs) as well as PTSD and anxiety. It is held in group sessions. You don't have to do any talking about why you are at the group - in fact, you don't have to talk at all.

## Initial acupuncture visit: \$80

## Followup visits: \$50

*Effective 07/15/2016 - rates may change without notice*