

2023 Self Care Planning Guide

What are your must-have self-care treatments and appointments?

(acupuncture, massage, chiropractic, podiatrist, eye care, etc) What frequency should these appointments be to best support your self-care (weekly, bi-weekly, monthly, annual)?

Treatment

Frequency

Have you scheduled these for the first half of 2023? If not, what's holding you back?

Have you penciled in your important procedures? For procedures or diagnostic testing like a colonoscopy, mammogram, or cataract surgery, think about the best time of year to make this happen and add to your calendar.

What is your insurance plan? Coordinate the details of your insurance coverage so you know your limits and deductibles.

Personal Deductible

Family Deductible

Do you have an HSA or FSA? Do you know the balance? Have you set up your contributions for 2023?

The individual limit for 2023 - is **\$3850**

The family limit for 2023 - is **\$7750**

Does your insurance offer a wellness benefit? Typically, for uncovered services like acupuncture, it is \$350. If you have the benefit, have you submitted your receipts to the insurance provider?

Have you coordinated referrals? In the event you need a referral for any services, who can you ask for one? Friends, providers are Dedham Acupuncture, a Facebook group?



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