

Beginning Acupuncture for Your Work-Related Injury: Step-by-Step Checklist

Step 1: Verify Your Claim Is Open

- Check the status of your claim in the **Claim and Account Center portal** or contact your **L&I claim manager** directly.
<https://lni.wa.gov/claims/for-workers/who-do-i-talk-to-about-my-claim> ↗

Step 2 : Get Your Referral

- **Contact your attending provider** (the provider managing your L&I claim) to request a **referral for acupuncture**.
- **Download and print our Attending Provider Acupuncture Referral Info Sheet** to give to your attending provider. This sheet contains all the information they'll need to complete the referral to **Marysville Acupuncture Services**.
- Have your attending provider **submit the referral to your claim manager** for approval.
[Download **the Attending Provider Acupuncture Referral Info Sheet** (PDF) ↗]

Step 3: Confirm Your Referral Has Been Authorized

- Referrals for low back pain usually do not need prior authorization.
<https://www.lni.wa.gov/patient-care/treating-patients/conditions-and-treatments/acupuncture-for-lumbar-conditions> ↗
- Check with your claim manager to make sure your referral for chronic migraine has been authorized.
<https://www.lni.wa.gov/patient-care/treating-patients/conditions-and-treatments/acupuncture-for-chronic-migraine-and-chronic-tension-type-headache> ↗

Step 4: Schedule Your Appointment & Prepare for Your Treatment

- Once your referral and authorization are confirmed, contact Marysville Acupuncture Services to schedule your first appointment.
- Wear loose, comfortable clothing to your appointment.
- Parking is available in the driveway. You may park behind any car without worrying about blocking anyone in. There is also parking on the small side street next to the house.
- There is no waiting area, so **please wait in your car when you arrive**. Dr. Alexander will come out to meet you at your appointment time. You can also text to let us know you have arrived.

If you have any questions, please don't hesitate to call or text 425-419-7033.