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**REPARING FOR
YOUR**

Chinese Medicine Tele-Health Consultation

**DR. PAUL F. RYAN DACM, L.Ac.
EAST-WEST INTEGRATED WELLNESS**

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EAST-WEST INTEGRATED WELLNESS

East-West Integrated Wellness (EWIW) was founded in 2012 by Paul Ryan upon his return from nearly two decades in China. His vision for EWIW is to share his discoveries of the safest, most effective aspects of Chinese medicine and its wellness culture with patients and practitioners in a culturally informed manner. By integrating osteopathic manual therapy, meditation and qigong guidance and nutritional counseling with acupuncture and herbal medicine, EWIW offers the best holistic medicine and wellness practices of East and West. Ideal medical care embraces “Western Science with Eastern Wisdom” as the best way to alleviate unnecessary suffering for the body, mind and spirit of all humans beings.

Paul Ryan
East-West Integrated Wellness
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A WORD ABOUT TELEMEDICINE

In these extraordinary times we are very fortunate to have the internet to connect us. We are able to support each other, pass along useful information and in the context healthcare, we are able to connect patients and practitioners to provide some level of continuous care when in person contact is restricted to only the most urgent.

The four pillars of Chinese medicine diagnosis are looking, questioning, listening and touching. A practitioner of Chinese medicine uses all of their sensory faculties and your answers to their questions to diagnose your illness and understand how it presents in your unique constitution. While we cannot touch a patient to take a pulse or feel a location on your body that may be painful, telemedicine consultations allow for a practitioner to obtain a high percentage of needed information. This information combined with clinical experience are enough to provide a treatment plan. While acupuncture and other manual therapies are unavailable as treatments, we do have herbal medicine, nutritional supplements, and instruction in diet and meditation as ways to help people in need. It is with this in mind that we all can embrace this medium for providing and receiving care.

I take your privacy and information security seriously. Therefore, I recommend using specific applications for sending me your health information and for our online consultation. Section 5 give you details on what you will need to use for secure transmission of your data.

I look forward to the opportunity of serving you.

Sincerely,

Paul Ryan

1.

FILL OUT ALL FORMS IN ADVANCE



The intake form you were sent by email or downloaded from the website is important. It's long because having a complete picture of your health history and current state of health is essential to providing you individualized care, including making an accurate diagnosis and prescribing you the right treatments. Please take the time to fill it out carefully.

Filling all forms requested in advance of the the session will enable me to review them before we begin and provide us valuable time to discuss treatment options.

Filling out the forms: The forms are electronic and can be filled on your computer, tablet or phone. They are secure and HIPPA compliant to protect the privacy of your health information. This is a link to all the potential forms you would need to fill out as well as a file upload form for photos, lab reports or any other supplemental info you may wish to share with me. Please select only the ones you need.

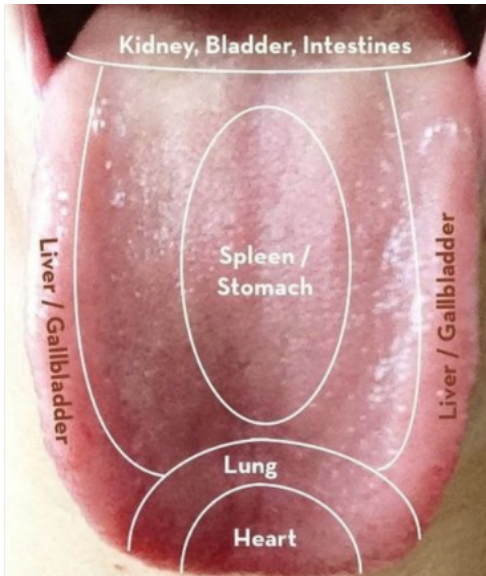
[EWIW FORMS](#)

*In addition to the Jot Form EWIW FILE UPLOAD FORM, You may also use [Signal app](#) (see section 5) to communicate health information and transmit documents/photos. This is because it is a secure, encrypted transmission system for all data—including chat communications—so your personal health information is safe.

2.

TAKING TONGUE PHOTOS

In Chinese medicine we look at the tongue for part of our diagnosis information. It tells us how your internal organs are doing. It's important that we have a good (set) of photos to do this.

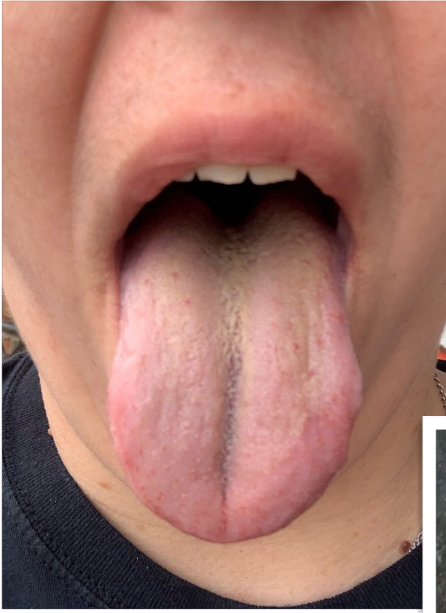


The things to consider when taking photos of your tongue are as follows:

Time: the tongue is in its most natural state when you first wake up in the morning. If you're able to do it at this time, great. If not, shortly before your telemedicine session is fine too. However, be mindful that certain

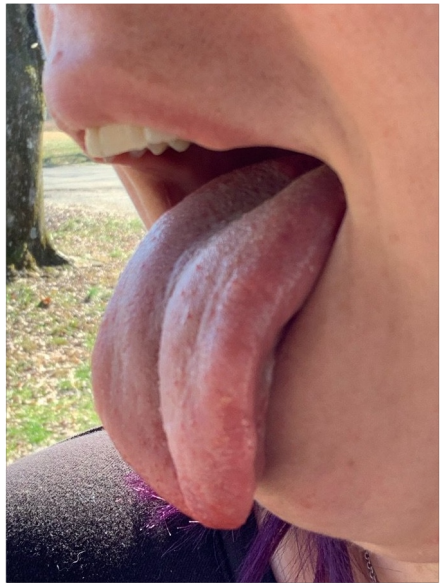
items you consume will color the tongue unnaturally, like coffee or blueberries. And, following a meal your tongue will be redder than normal. So take a picture of your tongue before a meal or drinking something hot, otherwise we will not have an accurate representation of it.

Natural state: Please do not brush the coating off your tongue. You want the tongue to be in his natural state as it can be, so have in mind that you want to clean it in any way before the photo. This includes cleaning your tongue off by swallowing your saliva just before taking the photo.



How your tongue looks in its most natural state is very helpful to the diagnosis.

To do this, Have the camera in place and simply **gently** stick out your tongue to take the photo. I emphasize gently because sticking your tongue out to stiffly will change its overall presentation.



Lighting: As much as possible, choose natural sunlight for the photo. Avoid fluorescent light as it changes the coloring too much.

Result: Look at the photo you are going to send me and compare it to the tongue you see in the mirror. If they are fairly similar to your eyes then it's good to send that picture to

me. If you think they are significantly different then you'll need to try again with your phone or camera.

You can also take several pictures in different lighting if you want and from different angles. It's helpful for me to see the front/top of the tongue straight on, both sides of the tongue and underneath it.

Lastly, make a mental note of any differences you see between your tongue in the mirror and in the photos. You can relate those to me during the session.

Sending photos: The preferred method of sending photos is through Signal app (see section 5). Signal scrubs the photo for any personal identifying information that your phone embeds in the photo (i.e., your location, device model...). While you may email photos, this is potentially less secure and your personal identifying info will not be scrubbed from the photos.

3.

YOUR COMPLEXION



When we talk I would like to see your natural complexion as much as possible. This means please refrain from using cosmetics. If this is not possible, please take additional pictures of your whole face without makeup when you take your tongue photos.

4.

PULSE RATE AND BLOOD PRESSURE



Please take your BP before our session if you can.

During the session I'll ask you to take your pulse to tell me the rate. You will do this at your wrist, the radial pulse. You may want to practice this before the session. Your BP device will usually give you your heart rate as well. However, there is a little more info I may be able to use by taking your pulse at your wrist. See the picture below for the location and general instructions.

Radial pulse



Place your first and second fingers along the artery and press gently. Count each pulsation for 60 seconds.

Some important things to note:

1. Please make sure you have been seated and resting for five minutes or more before taking the resting rate pulse.
2. By placing your hand on a desk, it will be at the same level as your heart.

3. Are you able to find the pulse easily? Can you feel it by just barely touching the skin, maybe even see it? Or, do you have to press very deep to find it?

5.

TECH REQUIREMENTS AND ONLINE PLATFORMS



In order to participate in a telemedicine consultation, you'll need the following:

1. Either a smartphone (iPhone 6s or later, Android phone purchased in the last two years), a laptop/desktop (Mac or Windows), or an iPad/Tablet purchased in the last two years. If you are able to run FaceTime on your iPhone or Google Duo on your Android phone, then your phone should be okay for the platforms we'll be using.
2. You will need to make sure the microphone and video camera are working with the browser or app you are using before the session.
3. You will need access to the internet through your home service provider using either an ethernet cable for your computer or WiFi for your desk/laptop or mobile device. If you are going to use your cellphone data, you must have high-speed 4G service and a strong signal. If the signal is not strong or your data is not unlimited you may have problems with the call.

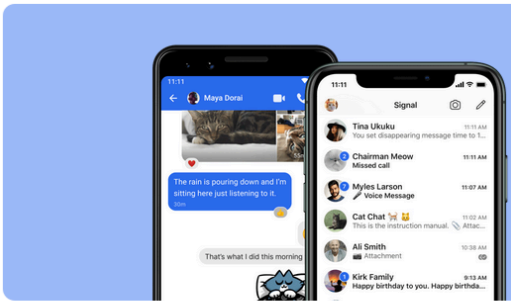
Please choose whether you will be speaking to me on your phone or computer. We will be speaking via Jitsi Meet from the computer or Jitsi Meet or Signal on your phone -

both are free, secure, teleconferencing platforms. **Please notify me of your choice before the meeting so I can set up the meeting before the call.**

[Signal](#) is a free end to end encrypted secure message app that offers video calling. You can download the app from the [Apple Store](#) or [Google Play](#). As mentioned previously, you can use this app to send me forms, photos and even payment info securely.



Signal for Mobile



Android

iPhone or iPad

Or visit signal.org/install from your phone

My contact number is the office number: **(917) 979-3949**.



[Google Meet](#). Secure video meetings by Google.

If you choose to use this app on a mobile device, you'll need a Gmail account and to be signed into the Google Meet app with that Gmail account to enter the meeting. On desk/laptop computer you should not need this, but try the link before the session to make sure. [App Info](#)

ABOUT DR. RYAN



Building on 18 years of full-time study and clinical practice in Beijing, Guangzhou, Shanghai, Hong Kong and Macau, I am committed to serving patients with holistic care that draws on all the major Chinese therapeutic techniques integrated with manual therapy informed by osteopathic manipulation.

I provide individualized treatments that are gentle, safe and effective. These are aimed at activating the body's innate healing potential, and supported with instruction in meditation, qi gong and nutritional guidance for comprehensive mind-body wellness. My mission is to combine the best of East and West: "Western Science with Eastern Wisdom" to alleviate unnecessary suffering in the world.