

## Our Services

### Holistic Primary Care

**Anna Jonas, DO | Regina Kim, MD | Mary Anne Meyer, CNP | Shibani Munshi, MD**

Our holistic primary care providers strive to provide conventional medicine options based on the latest science, while including complementary medicine options and referrals when appropriate. All of our providers are physicians or nurse practitioners trained in internal medicine or family medicine.

A primary care evaluation at OCIM goes beyond just physical symptoms to consider the impact of your environment, and social, emotional and spiritual states. The recommendations take into account your personal beliefs and preferences. Our primary care team uses the most up-to-date diagnostic and therapeutic techniques to help manage your acute problems and chronic conditions.

### Integrative Medicine Consult

**Melinda Ring, MD | Anna Shannahan, MD | Amrien Ghouse, DO (Fellow)**

Integrative Medicine consult physicians emphasize the relationship between the doctor and patient, by focusing on the innate healing ability of the body and the importance of addressing all aspects of an individual's life to attain optimal health and healing.

### Chiropractic Medicine

**Mindy Cramer, DC, CCEP, DACO**

Chiropractors focus on restoring proper movement to spinal structures in order to keep the body working efficiently. The goal is to empower patients to overcome pain and dysfunction that limit daily life.

### Massage Therapy and Energy Medicine

**Candice Domke-Hochberg, LMT | Chris Wilson, LMT**

Advanced massage therapy is a useful adjunct to one's health plan to promote healing and maintain health. Massage can treat conditions such as chronic pain, soft tissue injuries and stress reduction.

### Acupuncture and Traditional Chinese Medicine

**Ania Grimone, MS, LAc | Fang Lin, LAc**

Traditional Chinese Medicine includes acupuncture, herbal medicine, dietary therapy, cupping, and Gua Sha, and is used for active stress management and maintenance of health and longevity.

### Nutrition (Registered Dietician)

**Hannah Lapkin, MS, RD, LDN | Jane Mockaitis, RD, LDN, CDE | Carly Trueger, RD, LDN, CDE**

Our patients include those who want to eat better, as well as those with health issues such as pre-diabetes, diabetes, heart disease, irritable bowel disease, kidney disease and obesity.

### Health Psychology

**Howard Feldman, PhD | Helene Moore, PsyD**

Our behavioral health psychologists can work one-on-one with you to help you learn new tools to reduce stress, cope with anxiety and deal effectively with other emotions or unproductive thoughts.

### Acupuncture and Massage Therapy

*These services are considered cash-pay. We can bill BCBS primary insurance as a courtesy. All other patients will be asked to pay at time of service.*

*Acupuncture fees:*

*Initial and Intake \$130*

*Follow-up \$90*

*Laser additional \$25*

*Electro-stim additional \$10*

*Massage fees:*

*30 min \$60*

*60 min \$120*

*NM Employee and Senior discounts available*



### Fitness and Wellness Classes

*OCIM offers classes in Yoga, Tai Chi, Strength and Balance, Endurance Training, Line Dancing, Nia, Low-Impact Aerobics, and Pilates.*

*We also offer wellness courses in meditation, nutrition, etc.*

*Online registration:*

*classes.nmh.org/listing/all*

*To register by phone:*

*312.926.8400*

*All fitness classes are \$143 for an 11-week session.*

*NM Employee discounts available.*

**Be Well**

[www.ocim.nm.org](http://www.ocim.nm.org)