

What To Expect: Preparing for Your First Visit to the Integrative Medicine Center for Music Therapy

Location: Mays Clinic, 1220 Holcombe, Houston, TX 77030,
Floor 2, near Elevator T

Closest Parking: Mays Clinic Garage, Entrance 5

Hours: 8 a.m.-5 p.m. (CST), Monday-Friday

Phone: 713-794-4700

Center website: www.mdanderson.org/integrativemedcenter

Directions: From **Mays Clinic Garage**, take elevator to **Floor 2**, follow signs to **The Tree Sculpture**, follow signs to **Elevator T**. The Integrative Medicine Center check-in is just beyond Elevator T, across from the Gift Shop.

Music therapy can be useful for:

- Managing symptoms of depression and anxiety
- Alleviating pain
- Reducing stress
- Increasing socialization
- Encouraging self-expression
- Improving communication and coping skills

About the center

- For directions to the center, see the information above or visit www.access.mdanderson.org.
- Visit center website above to learn more about center services and our therapist.
- If you need a copy of your appointment letter, visit one of the Information Centers on campus. You can ask a greeter or any employee for directions to your appointment, if you need help.

About your visit

- Every session begins with a review your health information, treatment goals and individual plan. The remainder of the session will be used for your treatment.
- Check in 15 minutes before your appointment to complete paperwork.
- Please remember to check out at the front desk after your visit. You will need to complete a post-visit assessment. You can schedule future appointment at this time.

About your payment

- Since these visits are not billed to your insurance, payments for your visit will be collected upfront. We accept cash, check or credit card.
- First-time visits are 60 minutes and cost \$50. Follow-up visits range from \$25 to \$50 depending on the length of the visit.
- Please let us know if you need a detailed bill to submit to your insurance.

Your Schedule

Please try to arrive at your scheduled check-in time. We strive to keep wait times to a minimum, but delays may occur as we work to meet every patient's needs.

Appointment wait times are displayed at the front desk. If your appointment is delayed and you would like to leave the center, the front desk can provide you with a pager.

If you have additional questions about your visit, please ask the front desk staff, contact us through myMDAnderson, or call 713-794-4700.