

Prohibited Acts

There are certain services that complementary and alternative health care practitioners cannot perform in Minnesota. Below is a partial list. Complementary and alternative health care practitioners may not:

- Provide a medical diagnosis.
- Perform surgery.
- Give or dispense prescription drugs or controlled substances.
- Set fractures.
- Give injections, draw blood, or otherwise puncture the skin.
- Use certain medical devices.
- Perform x-ray radiation.
- Manipulate or adjust joints or the spine.
- Any practice included in dentistry.

Complaints

If you have a complaint about an unlicensed complementary or alternative health care practitioner and would like to talk to someone about it or would like to report it, please call or write to us at:

Minnesota Department of Health
Health Occupations Program
Office of Alternative and Complementary Health Care Practice
P.O. Box 64882
St. Paul, Minnesota 55164-0882

Phone: (651) 201-4200
Fax: (651) 201-3839

We can mail a complaint form, or you can access one at:
<http://www.health.state.mn.us/divs/hpsc/hop/ocap/ocapcomp.html>

If you choose to file a complaint, your identity and other sensitive information will remain confidential.

Resources

Unlicensed Complementary and Alternative Health Care Practice, generally:

<http://www.health.state.mn.us/divs/hpsc/hop/ocap/>

Complaint form:

<http://www.health.state.mn.us/divs/hpsc/hop/ocap/ocapcomp.html>

Statutes:

<https://www.revisor.mn.gov/stats/146A>

National Center for Complementary and Alternative Medicine:

<http://nccam.nih.gov/>

Questions

For general questions about regulation of unlicensed complementary and alternative health care practices in Minnesota, call or email us at:

Phone: (651) 201-4200

Email: health.hop@state.mn.us

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Minnesota Department of Health Health Occupations Program

Consumer Guide

Complementary and Alternative Medicine

Complementary and alternative health practices are treatments and healing methods that have not usually been included in western medicine. Many people use complementary or alternative health practices. For example, if you take echinacea or drink chamomile tea when you have a cold, you could be said to be using a complementary or alternative health practice.

If you choose to see a complementary or alternative health care practitioner, here are some things you should know.

For more information, call (651) 201-4200

What are Complementary and Alternative Health Practices?

Complementary and alternative practices include:

- Acupressure
- Anthroposophy
- Aroma therapy
- Ayurveda
- Cranial sacral therapy
- Culturally traditional healing practices
- Detoxification practices and therapies
- Energetic healing
- Folk practices
- Healing practices utilizing food, food supplements, nutrients, and the physical forces of heat, cold, water, touch, and light
- Gerson therapy and colostrum therapy
- Healing touch
- Herbology or herbalism
- Homeopathy
- Nondiagnostic iridology
- Massage, massage therapy, and body work
- Meditation
- Mind-body healing practices
- Naturopathy
- Noninvasive instrumentalities
- Polarity therapy
- Traditional Oriental practices, such as Qi Gong energy healing.

Complementary and alternative health practices are not licensed in Minnesota. Therefore, you are responsible for making sure that the practitioner you see has proper training and experience. !

Ask questions to get information to make informed decisions.

If you are considering getting care from a complementary and alternative health practitioner, ask:

- What education and training do you have?
- Are you licensed to perform any health care services? If so, what is the license and where is it from?
- Do you have any other credentials related to your practice?
- What are your fees?
- Will my insurance cover your fees?
- Do you have a supervisor? If yes, how are you supervised?
- What plan of care do you recommend for me? What types of therapy will you use? How many sessions will I have?
- What outcome can I expect?

If you're considering complementary and alternative health care, talk to your doctor. Your doctor may be able to tell you about the safety and effectiveness of the treatment you're considering, or how it may affect your medications.

Your Rights as a Client

Minnesota law gives you certain rights as a client of complementary and alternative health care. Below is a list of some of these rights. You have the right to:

- Information about your practitioner's qualifications.
- Complete information about the practitioner's assessment, recommended care, and how long the services will continue.
- Access to your records.
- Courteous treatment, and freedom from verbal, physical, or sexual abuse.
- Select a practitioner and to change practitioners at any time, subject limitations of insurance or other health programs.
- Have a coordinated transfer of your case if your provider changes.
- Information about fees, billing, and insurance coverage.
- Refuse services, unless otherwise provided by law.
- File a complaint with your practitioner's supervisor and with the office of unlicensed complementary and alternative health care practices.

Your practitioner **must** give you a statement of these rights, called a "client bill of rights," **before** providing any service.

The Minnesota Department of Health is authorized to investigate complaints and discipline practitioners who violate the law. If you believe your rights have been violated, please contact us at (651) 201-4200.