



Lab Work Form 2018 BIOMETRIC SCREENING



Please look over the options and mark below which tests you would like.

Total the amount of your desired tests and bring a credit card, check or cash to the health screening.

TEST #	TEST NAME	RECOMMENDED FOR	PRICE	TEST DESCRIPTION	
Standard Blood Test					
<input checked="" type="checkbox"/>	LAB8655	Lipid Profile with Blood Glucose	Everyone	FREE	The Lipid Profile is a basic chemistry screen that measures the health of your heart. It includes a measurement of total cholesterol, HDL, LDL and triglycerides. Blood glucose measures your risk of diabetes.
Optional Tests					
<input type="checkbox"/>	LAB8999	Full Chem Screen with TSH	Everyone	\$20	This is a full blood chemistry screen that includes liver and kidney function, muscle & bone function, electrolytes, and TSH.
<input type="checkbox"/>	LAB3869	Cardio CRP (High Sensitivity)	Determining if you are at increased risk for heart problems; not recommended for those with arthritis or other inflammatory condition or for those who have had a recent (within the last 2-3 weeks) upper respiratory infection or other illness	\$30	The Cardio CRP is a test that measures very low levels of inflammation in your body. Research now indicates that low-grade inflammation, hidden deep inside the body, may put you at risk for having a heart attack. Those with high levels of Cardio CRP have 2-3 times the risk of heart attacks than those with high cholesterol levels. Having both inflammation and high cholesterol levels is especially dangerous. And, detection of low levels of inflammation can reveal potential heart and vascular problems many years in advance of a cardiovascular event.
<input type="checkbox"/>	LAB210	CBC	Determining general health status & screen for a variety of disorders and infections.	\$15	The CBC provides important information about the kinds and numbers of red blood cells, white blood cells and platelets in the blood. Abnormalities in any of these types of cells can indicate the presence of medical disorders such as anemia and infections, nutritional status, and exposure to toxic substances.
<input type="checkbox"/>	LAB90	Hemoglobin A1c	Those needing to monitor glucose control as well as those who may be at risk for diabetes.	\$12	The Hemoglobin A1c test will give you a snapshot of your average blood glucose level over the last 2-3 months.
<input type="checkbox"/>	LAB8654	Iron Panel	Determining Iron status.	\$15	Includes Iron, Iron Binding Capacity, Ferritin, Transferrin and Percent Saturation. These tests are used together to detect and help diagnose iron deficiency or iron overload.
<input type="checkbox"/>	LAB8010	PSA (Prostate Specific Antigen)	Individual with prostate aged 55 to 69 (or younger with family history of prostate disease)	\$25	This blood test is a prostate cancer screening. Based on new guidelines (May 2014), a PSA test is not recommended for individuals under age 40 or those aged 40 to 54 at average risk for prostate cancer. Discuss testing with your physician especially if you have family history of prostate disease.
<input type="checkbox"/>	LAB5330	Tissue Transglutaminase Antibody (tTG-IgA)	Determining if you have Celiac Disease. A person seeking diagnosis MUST be following a daily diet that contains gluten for at least 4 weeks in order for test results to be accurate.	\$35	This test provides a preliminary diagnosis of Celiac Disease. One in 133 have Celiac Disease, yet 95% go undiagnosed because many with the disease have very mild or no symptoms at all. Celiac Disease is a lifelong, inherited autoimmune disorder that causes damage to the small intestine and does not allow food to be properly absorbed which can lead to other autoimmune diseases. Although you may test negative for Celiac Disease, you may still have non-celiac gluten sensitivity that can only be controlled through a gluten-free diet.
<input type="checkbox"/>	LAB8002	Vitamin B-12 & Folate	Determining if you are Vitamin B12 or Folate deficient.	\$30	Vitamin B12 & Folate play a vital role in the normal functioning of the brain and the nervous system and the formation of red blood cells. It also helps to regulate and synthesize DNA.
<input type="checkbox"/>	LAB535	Vitamin D	Determining if you are Vitamin D deficient.	\$35	This test measures the amount of Vitamin D in your body and has traditionally been used to determine the health of bones and teeth. However adequate intakes of Vitamin D may provide greater health benefits than previously thought. Recent evidence suggests that increased Vitamin D status is linked to reduced risk of certain cancers, hypertension, metabolic syndrome and diabetes, and cardiovascular disease.
INSTRUCTIONS: <i>(to obtain optimal results)</i>		<ul style="list-style-type: none"> • Stay hydrated. Diabetics should NOT fast. Take all necessary medications. • Drink a glass of water one hour prior to the appointment. • Be prepared and bring your Employee ID number (or spouse's if applicable) to your appointment. • Avoid strenuous exercise 12 hours prior to the screening. • Refrain from drinking alcoholic beverages for at least 12 hours prior to your appointment. • Limit caffeine and nicotine one hour prior to your appointment. • Provide any history of problems associated with providing a blood sample. 			

Questions about the blood tests? Call Health Promotion Management at (720) 214-3188.