

## **Wellness Wednesday Lab Screening**

### **(Patient Authorized Direct Access Testing)**

Available monthly every 4<sup>th</sup> Wednesday of the month

from 6:00 AM to 10:00 AM

#### **Patient Direct Access Testing:**

In keeping with our mission to provide exceptional quality care, right here at home, we are pleased to offer a selection of clinical laboratory screening tests. These are conducted right here at the Philip Health Services Laboratory Department to evaluate your current health status via simple blood draw-at a discounted price. A medical provider's order is not required. No insurance or Medicare/Medicaid claims will be filed for these tests.

- Direct Access Testing is for those who want to learn about their health status without large out-of-pocket expenses.
- Direct Access Testing allows individuals to request laboratory tests and receive results without a provider's order or insurance involvement.

#### **What you need to do:**

We can accept walk-in patients, or you can schedule an appointment by calling (605) 859-3920 in advance. One of our staff will help you decide on the right tests that you need. Please note you will be expected to pay for the tests at the time of service. If you have any further questions on what tests to order, please contact your medical provider. For more information, contact Philip Health Services Laboratory Department at (605) 859-3920.

#### **What you need to know:**

- A medical provider's order is not required for these tests.
- Drink plenty of water and take medications as usual. Recommended 12 hours fasting. Patients with diabetes should NOT fast.
- Anyone under the age of 18 must be accompanied by a parent/guardian or must have a signed consent form.
- Medicare will NOT cover the cost of screenings provided during the wellness event. Since insurance companies have different requirements for coverage, the cost of screenings is NOT covered.
- You must pay for tests in advance by cash, check and/or debit/credit card.

### **Consent and Release of Results:**

- The results will be sent to you in the mail. It's highly recommended and encouraged to share them with your medical provider.
- PHS Laboratory WILL NOT interpret results.
- PHS Laboratory will NOT forward your test results to your medical provider.
- You are responsible for sharing these test results with my doctor.
- In the event any of your test results fall into the critical range, we will call you on the contact number that you have provided or leave a message on your voicemail.
- If PHS Lab cannot reach you by leaving voicemail for you, PHS Lab can call your listed "Emergency contact," to ask them to help us notify you to call the PHS Lab immediately.
- You are the only person who will receive your laboratory test results.
- Should you become ill, have any complications, or have any questions regarding my health, you should contact your usual source of health care.
- Philip Health Services, its employees, or agents will not be held liable for any outcomes that may occur from your voluntary participation in this laboratory testing.
- You accept all responsibility and risk of having tests ordered without active participation from a physician.
- If an exposure to your blood occurs through an accidental needle puncture, you consent to follow-up blood testing (at no cost)

### **AVAILABLE WELLNESS SCREENINGS**

#### **\$90 - Wellness Wednesday Package**

This complete package provides baseline information on cholesterol, triglycerides (Lipid Panel), blood glucose, liver, kidneys, electrolytes (Comprehensive Metabolic Panel), thyroid (TSH), Iron profile, Magnesium, Phosphorus, and Uric Acid. The CBC screening gives you a general picture of your overall health by checking your white blood cells, hematocrit, hemoglobin levels, and blood-clotting abilities. Your body's ability to fight infection, anemia, liver disease and certain cancers can be discovered with this screening. These screenings can help you and your doctor monitor your health and prevent health issues from becoming emergencies. Information from this screening can also be used to complete your employers' Health Risk Assessments (HRA).

#### **\$45 - Wellness Chemistry Panel**

This panel provides baseline information on blood glucose, liver, kidneys, electrolytes, thyroids (TSH), Iron, Magnesium, Phosphorus and Uric Acid. These screenings can help you and your doctor monitor your health and prevent health issues from becoming emergencies.

#### \$10 - Wellness Lipid Panel

This panel looks at overall cholesterol levels and triglycerides (the main components of natural fats and oils). Monitoring and maintaining proper cholesterol levels is important to your health because the extra cholesterol may be deposited on the walls of blood vessels as plaque, which can narrow or even block blood vessels and lead to heart disease or stroke.

#### \$35 – Wellness Anemia Panel

The Anemia Panel includes CBC, Ferritin, Total Iron Binding Capacity and Iron. A CBC (Complete Blood Count) looks at important parameters of your blood including hemoglobin level, white blood cells, red blood cells and platelets. The Ferritin, Iron and Total Iron Binding Capacity tests work together to indicate if you have an iron deficiency, which is the most common form of anemia.

#### \$30 - PSA Screening for Men Only

Prostate-Specific Antigen (PSA) is a protein made in the prostate gland. This test measures the amount of PSA in the blood. Elevated PSA levels may be found in conditions such as benign prostatic hyperplasia, prostatitis, prostate cancer, and others. PSA may also be elevated due to certain medications or urologic procedures. The PSA test is not diagnostic of cancer, and PSA test results should be followed up by a healthcare provider. Screening for prostate cancer is recommended in men over the age of 50. However, if there is a family history, it is recommended starting at age 40.

#### \$25 – C-Reactive Protein

This blood test is used to detect general inflammation. The liver releases CRP into the bloodstream in response to inflammation. Healthcare providers use this test to help diagnose and monitor several different causes of inflammation, such as infections and certain autoimmune conditions. Elevated CRP levels can indicate various underlying health issues, such as infections, autoimmune disorders, or cardiovascular disease.

#### \$45 – Vitamin D, 25 Hydroxy

This screening is used to provide you with a baseline level of Vitamin D. Vitamin D deficiency is now recognized as a worldwide problem. Your body requires Vitamin D to absorb calcium and plays an important role in protecting your bone health. Many studies also suggest an association between low Vitamin D levels and an increased risk of certain types of cancers, nerve disease, immune disease and heart disease. Some Vitamin D is produced in your skin when unprotected skin is exposed to sunlight. Otherwise, you can obtain Vitamin D in foods or take Vitamin D in supplement form. Studies have found that many adults have low Vitamin D levels. This screening requires only one blood draw. Results will be included on the same report with your other blood draw results. If you already take Vitamin D you should have a blood level drawn to make sure you are taking enough Vitamin D.

\$25 – Vitamin B12

This blood screening provides baseline Vitamin B12 levels, which play a key role in the normal functioning of the brain and nervous system, and the formation of red blood cells.

\$30 - Hemoglobin A1c

A1c is a blood screening that measures your average blood sugar control for the past 2 to 3 months. The results give you a good idea of whether you are at risk for diabetes. For people with diabetes, it indicates how well your diabetes treatment plan is working.