


Wellness & You



You and your doctor can learn a great deal about your health status from a quick and relatively painless sample of your blood. The Laboratory tests available from the Wellness program are designed to help you understand and manage your state of health. Sometimes, lab tests will be 'abnormal' before you experience any symptoms. Other times, when you are already having some symptoms, lab test results help to identify and confirm that a health concern does exist .

Normal test results are just as significant as abnormal. Normal results help to "rule out" some diseases. Normal tests also help to establish your "baseline" or a range that is Normal for you as an individual. A person's own baseline results are the best place to start for monitoring any changes that may take place in the future. If any of your results are significantly different than previous health fair results, contact your doctor.

Insurance Billing:

In order to keep costs low, insurance billing (including Medicare) is not available at this time. A copy of your order sheet with CPT codes will be provided to you at the time of your blood draw to send in to your insurance company.

Access your Results On-Line through our Patient Portal. Ask how to sign up today!



Wellness Wednesday Dates

Draw time (6:30-8:30 am)

January 13, 2016	July 13, 2016
January 27, 2016	July 27, 2016
February 10, 2016	August 10, 2016
February 24, 2016	August 24, 2016
March 9, 2016	September 14, 2016
March 23, 2016	September 28, 2016
April 13, 2016	October 12, 2016
April 27, 2016	October 26, 2016
May 11, 2016	November 9, 2016
May 25, 2016	November 23, 2016
June 8, 2016	December 14, 2016
June 22, 2016	December 28, 2016

Medications And Fasting:

Non-prescription drugs, prescription drugs, alcohol consumption and fasting time (hours with no food or calorie intake) may affect your chemistry results over time. A (12) hour fast is recommended for the most accurate results.

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WCHS Wellness Wednesdays

Committed to Your Health & Well Being

Health & Wellness Tests & Services Provided

Contact Us: WCHS Lab 307.746.4491

Available Wellness Profile Tests:

☐● **\$55.00 Chemistry & Lipid Profile:** Chemistry and Lipid profile combines the panels below to give an all included picture of your health status. This includes the complete lipid screen and 16 chemistries to include the thyroid (TSH) test. This is the best option for your annual screening.

☐● **\$30.00 Chemistry Profile:** Panel consists of 16 tests which give an overall picture of one's general health. This screen gives a picture of your kidney and liver health as well as your blood glucose level, electrolytes, protein, Iron level, cholesterol and thyroid (TSH).

☐● **\$25.00 Lipid Profile:** This panel is what you need if you are taking medication for cholesterol, and what your doctor will look at to monitor both good and bad cholesterol levels. It also helps you to determine your risk of developing heart disease or monitoring your response to medications, diet and other interventions to better your heart health. A 12 hour fast is recommended to obtain the most accurate results of your health picture. Recommended to be done 2-4 times per year for people who have high lipid levels.

● **\$35.00 Anemia Profile:** This is a complete screen for detection or monitoring of iron deficiency anemias. It includes a CBC, Iron, TIBC, % SAT, and Ferritin.

☐● **\$20.00 TSH:** The thyroid gland produces and regulates hormones that influence the bodies metabolism. This test is used to screen for Thyroid disorders or to monitor treatment of hypo and hyper thyroidism. Recommended quarterly for medication monitoring, yearly for screening.

☐● **\$30.00 PSA:** For Men only, this is a screening test for prostate cancer and other non-cancerous disease. It is routinely performed on men over the age of 50 or men over the age of 40 with a family history of prostate cancer.

☐● **\$40.00 Vitamin D:** This is a test that is used to determine bone weakness, bone malformation, or abnormal metabolism of calcium which may occur as a result of Vitamin D deficiency or excess. Vitamin D is also thought to be very helpful in maintenance of health in that it is thought to help deter some types of cancers.

☐● **\$25.00 Vitamin B12:** Monitors B12 deficiency which is common in pernicious anemia, malabsorption due to surgical resection, and other inflammatory diseases of the intestine. This vitamin can also be elevated from dietary or vitamin intake, oral contraceptives and pregnancy. An elevated B12 is not know to cause any clinacI problems.

☐● **\$30 CRP, C-Reactive Protein:** This test is used as an inflammatory marker. It is generally elevated in response to inflammatory disorders, such as arthritis, or with tissue injuries or infection.

☐● **\$30.00 Hemoglobin A1C:** The A1C result provides a view of the average blood glucose levels in your body over the last three months. This is an effective tool in monitoring long-term glucose control in diabetic patients, and as a screening tool for those concerned about developing diabetes due to family history. This test is recommended to be done 2-4 times per year for diabetics.

☐● **\$20.00 CBC Complete Blood Count:** This is a complete blood count of white cell, red cell and platelet populations. It helps to screen for anemia, infections, leukemia and other disorders or conditions that may affect your blood cells

☐● **\$20.00 Retic Count:** Reticulocytes are the newest red blood cells in your body. The Retic Hemoglobin value is a tool that screens not only for Iron Deficiency Anemia, but also helps track your treatment response when taking iron supplements. Retic Hemoglobin elevates quicker in response to therapy than the traditional monitoring methods such as Iron, TIBC and Ferritin.

☐● **\$30.00 Blood Type:** This test determines your blood group and Rh type. It is important for expectant mothers to determine if they need Rh immune globulin therapy to avoid complications with the unborn child.

Understanding Your Results

Your lab results will be mailed to you within two weeks of your lab draw. Please review your Wellness lab testing results carefully. Results outside of our established "normal" are indicated by being in a bold or darker print and with a "H" or "L" next to the result. You will be contacted by WCHS for any critical results. The expected normal range (Reference range) is listed to the right side of the report. Normal results are in regular typeface (not bolded) and have no additional letters behind them. Some tests will have a character such as "i2" following the results, this indicates that there is additional data at the end of the report to help you interpret the result. Abnormal results do not necessarily require immediate medical attention, but we do recommend that you contact your doctor or other healthcare provider for further evaluation. You are provided with two copies of your results. One can be taken by you to your physician. WCHS will not directly send your Wellness program results to your