

## 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)**

March 14, 2018	October 10, 2018
March 28, 2018	October 24, 2018
April 11, 2018	November 14, 2018
April 25, 2018	November 28, 2018
May 9, 2018	December 12, 2018
May 23, 2018	December 26, 2018
June 13, 2018	January 9, 2019
June 27, 2018	January 23, 2019
July 11, 2018	February 13, 2019
July 25, 2018	February 27, 2019
August 8, 2018	March 13, 2019
August 22, 2018	March 27, 2019
September 12, 2018	April 10, 2019
September 26, 2018	April 24, 2019

### 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.

Weston County Health Services  
1124 Washington Blvd.  
Newcastle, WY 82701  
Phone: 307.746.4491  
Fax: 307.746.2504



WESTON  
COUNTY  
HEALTH  
SERVICES

1124 Washington Blvd.

Newcastle, WY 82701

307-746-4491

# WCHS Wellness Wednesdays Committed to Your Health & Well Being

Health & Wellness  
Tests & Services Provided  
New Testing Updated  
September 1, 2017

## Available Wellness Profile Tests:

- **\$60.00 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.
- **\$35.00 Chemistry Profile:** Panel consists of 18 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, uric acid, phosphorous, 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.
- **\$50.00 Anemia Profile:** This is a complete screen for detection or monitoring of iron deficiency anemias. It includes a CBC with diff, 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.
- **\$50.00 TSH & Free T4:** Thyroid panel for detectors of thyroid disorders; more inclusive than a TSH alone.

- **\$35.00 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.
- **\$45.00 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.
- **\$30.00 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 clinacal 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.
- **\$25.00 CBC/Diff Complete Blood Count With Differential:** 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

- **\$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 healthcare providers.