

# Understand Your Lab, Imaging, and Respiratory Screening Options

*Empowering healthy living, because everyone deserves the opportunity to live well.*

## Nutritional Health Labs

- **Vitamin D** – Supports strong bones and helps your immune system work properly.
- **Vitamin B12** – Helps make red blood cells and supports your brain and nerves.
- **Magnesium** – Keeps your muscles, nerves, and heart working the right way.
- **Phosphorus** – Helps build strong bones and teeth and supports how your body uses energy.
- **Iron (Serum)** – Shows how much iron is in your blood, which helps carry oxygen.
- **TIBC** – Tells how well your blood can carry iron.
- **Ferritin** – Measures how much iron is stored in your body.

## Metabolic Health Labs

- **Hemoglobin A1C** – Tells your average blood sugar over the past 2–3 months.
- **TSH** – Checks your thyroid, which controls energy and metabolism.
- **Free T4** – A thyroid hormone that helps control your energy and weight.
- **Cortisol** – A hormone linked to stress and how your body reacts.
- **Insulin** – Helps control your blood sugar.
- **Homocysteine** – Can show your risk for heart disease if levels are too high.

## General Lab Studies

- **Urine Drug Screen** – Checks for drug use (not for legal testing).
- **Urinalysis with Microscopy** – Looks for signs of infection or other health problems in your urine.
- **PT/INR** – Measures how long your blood takes to clot.
- **CBC** – Counts your red and white blood cells.
- **CMP** – Checks liver, kidney, blood sugar, and electrolytes.

## Heart & Inflammation Labs

- **Lipid Panel** – Measures cholesterol and fat levels for heart health.
- **CRP** – Shows inflammation, which can mean infection or disease.
- **High-Sensitivity CRP** – A more detailed test for heart disease risk.
- **Apolipoprotein B (ApoB)** - measures the number of cholesterol particles in your blood that can contribute to plaque buildup in your arteries.
- **Lipoprotein (A) Lp(a)** - is a genetically inherited cholesterol particle that can increase lifelong cardiovascular risk and may help identify hidden risk even when standard cholesterol levels appear normal.

## Hormone Health Labs

- **FSH** – Helps check fertility and hormone levels.
- **LH** – Works with FSH to control reproductive health.
- **Estradiol (Estrogen)** – A hormone that affects menstrual cycles and menopause.
- **Progesterone** – Related to periods and pregnancy.
- **Testosterone (Total & Free)** – Affects energy, mood, and strength.
- **DHEA-S** – A hormone that helps make estrogen and testosterone.
- **SHBG** – A protein that carries hormones through your blood.

WELLNESS DAYS



### Contact Us



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## Infectious Disease & Immunity Labs

- **TB Gold (QFT)** – Tests for tuberculosis exposure.
- **Respiratory PCR Tests** which screens for:
  - **Strep A**
  - **RSV**
  - **COVID-19**
  - **Flu A/B**
- **MMR Panel** – Shows if you're immune to measles, mumps, and rubella.
- **Varicella** (Chickenpox) – Checks if you're protected from chickenpox.
- **Hepatitis B Antibody** – Tells if you're immune to hepatitis B.
- **Tetanus Antibody** – Checks if your tetanus protection is current.

## Men's & Women's Health Labs

- **PSA** – Screens for prostate cancer in men.
- **Serum Pregnancy Test** – Checks for pregnancy using a blood sample.
- **ABO/Rh Typing** – Tells your blood type and Rh factor.

## Sexual Health Labs

- **Chlamydia & Gonorrhea** – Screens for common STIs.
- **Trichomonas** – Tests for a common vaginal STI.
- **Bacterial Vaginosis Panel** – Looks for bacteria (Trichomonas, Candida and Bacterial Vaginosis) that cause vaginal infections.

## Respiratory Screenings

- **Home Sleep Study** – Checks for sleep apnea while you sleep at home.
- **Spirometry Screening** – Measures how well your lungs work by testing your breathing.

## Medical Imaging Screenings

- **CT Cardiac Calcium Score** – Uses a CT scanner to look for calcium in your heart's arteries.
- **Vascular Ultrasound** – Uses sound waves to check how well blood flows through your carotid arteries (neck), aorta (abdomen), and leg arteries. Helps find blockages or signs of poor circulation.

## Additional Services

- **Massage** – Helps relax muscles and reduce stress.
- **Toenail Trim** – Supports foot care, especially for those who can't reach their feet easily.
- **Flu Vaccine** – Protects against seasonal flu.
- **COVID-19 Vaccine** – Protects against COVID-19 infection.

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