

My Labs

A product of New Healthy Me
a division of Community Healthcare System

When: Thursday, September 14th from 7:00-10:30

Where: The Community Room Valpo Family YMCA

Contact: Christy Cleveland/Health and Wellness Coordinator
to schedule your appointment today at 219-218-2399

APPOINTMENT REQUIRED TO GUARANTEE SERVICE WILL BE PROVIDED.

Blood Test	Description	How to Prepare
Complete Metabolic Panel CMP (Fasting) \$30.00	A group of blood tests that provide information about your body's metabolism	You should not eat or drink 8 hours before the test. *You may take in water and prescriptions as prescribed
Complete Blood Count CBC w/o Diff \$22.00	This test measures the number of red blood cells including hemoglobin content and red cell size, white blood cells and platelets.	No Special preparation is needed.
Cholesterol \$17.00	This test measures the amount of cholesterol (soft, wax-like substance found in all parts of the body in the blood)	No Special preparation is needed for Cholesterol Only.
Glucose (Fasting) \$17.00	This test measures the amount of sugar called glucose in your blood	You should not eat or drink 8 hours before the test. *You may take in water and prescriptions as prescribed
Hemoglobin A1C Test \$22.00	This test shows the average amount of sugar in your blood over 3 months.	No Special preparation is needed.
Lipid Profile Test (Fasting) \$32.00	This is a group of blood tests used to measure your cholesterol and triglyceride levels	You should not eat or drink 12-14 hours before the test *You may take in water and prescriptions as prescribed
PSA \$30.00	PSA stands for prostate specific antigen. This test measures the amount of PSA in a man's blood.	No Special preparation is needed.
TSH \$22.00	A TSH test measures the amount of thyroid stimulating hormone (TSH) in your blood.	No Special preparation is needed.
Vitamin D \$25	To determine if you have a vitamin D deficiency. If you are receiving vitamin D supplementation; to determine if it is adequate.	No Special preparation is needed.