



## Blood Test Descriptions 2020 UCAR

This document is for viewing only so that you can decide which tests you'd like to order. Total the amount of your desired tests and bring a credit card, check or cash to the health screening.

TEST NAME	RECOMMENDED FOR	PRICE	TEST DESCRIPTION
<b>Standard Blood Test (choose 1)</b>			
Full Chemistry Screen w/TSH	Everyone	FREE	This is a full blood chemistry screen that includes the Lipid Profile with Blood Glucose (described above) plus liver and kidney function, muscle & bone function, electrolytes, TSH and iron function.
Cardio IQ™ + Full Chem Screen	Everyone	\$85	This test utilizes the latest technology in advanced lipid measurement to provide a more accurate prediction of who may be at risk of having a heart attack or stroke. It breaks down cholesterol into the various subclasses (LDL and HDL), provides the number of LDL particles as well as particle size. Since approximately half the people who have heart attacks have normal or near-normal LDL levels, this new test provides a greater understanding of future risk than standard lipid testing.
<b>Optional Tests</b>			
Blood Typing	Anyone who wants to know their blood type.	\$37	Blood typing is used to determine an individual's blood group (group A, B, AB, or O) and if he or she is Rh negative or positive and what type of blood or blood components the person can safely receive.
Cardio CRP	Determining if you are at increased risk for heart problems; not recommended for those with arthritis or other inflammatory condition or for those who have had a recent (within the last 2-3 weeks) upper respiratory infection or other illness	\$35	The Cardio CRP is a test that measures very low levels of inflammation in your body. Research now indicates that low-grade inflammation, hidden deep inside the body, may put you at risk for having a heart attack. Those with high levels of Cardio CRP have 2-3 times the risk of heart attacks than those with high cholesterol levels. Having both inflammation and high cholesterol levels is especially dangerous. And, detection of low levels of inflammation can reveal potential heart and vascular problems many years in advance of a cardiovascular event.
CBC	Determining general health status & screen for a variety of disorders and infections	\$18	The CBC provides important information about the kinds and numbers of red blood cells, white blood cells and platelets in the blood. Abnormalities in any of these types of cells can indicate the presence of medical disorders such as anemia and infections, nutritional status, and exposure to toxic substances.
Hemoglobin A1c	Those needing to monitor glucose control as well as those who may be at risk for diabetes	\$35	The Hemoglobin A1c test will give you a snapshot of your average blood glucose level over the last 2-3 months.
PSA (for men only)	Men aged 55 to 69 (or younger with family history of prostate disease)	FREE	This blood test is a prostate cancer screening for men. Based on new guidelines (May, 2014), a PSA test is not recommended for men under age 40 or for those aged 40 to 54 at average risk for prostate cancer. Discuss testing with your physician especially if you have family history of prostate disease.
Thyroid Panel	Those wanting additional information to evaluate thyroid gland function	\$70	Includes Free T3, Total T3, Free T4 & Total T4. (Note TSH is included with Full Chemistry Base Test).
Tissue Transglutaminase Antibody (tTG-IgA)	Determining if you have Celiac Disease. A person seeking diagnosis MUST be following a daily diet that contains gluten for at least 4 weeks in order for test results to be accurate.	\$50	This test provides a preliminary diagnosis of Celiac Disease. One in 133 have Celiac Disease, yet 95% go undiagnosed because many with the disease have very mild or no symptoms at all. Celiac Disease is a lifelong, inherited autoimmune disorder that causes damage to the small intestine and does not allow food to be properly absorbed which can lead to other autoimmune diseases. Although you may test negative for Celiac Disease you may still have non-celiac gluten sensitivity that can only be controlled through a gluten-free diet.
Vitamin B12	Determining if you are Vitamin B12 deficient.	\$35	Vitamin B12 plays a vital role in the normal functioning of the brain and the nervous system and in the formation of red blood cells. It also helps to regulate and synthesize DNA.
Vitamin D	Determining if you are Vitamin D deficient	\$55	This test measures the amount of Vitamin D in your body and has traditionally been used to determine the health of bones and teeth. However adequate intakes of Vitamin D may provide greater health benefits than previously thought. Recent evidence suggests that increased Vitamin D status is linked to reduced risk of certain cancers, hypertension, metabolic syndrome and diabetes, and cardiovascular disease.
<p><b>INSTRUCTIONS:</b> (to obtain optimal results)</p> <ul style="list-style-type: none"> <li>• Fast for 12 hours prior to your appointment but stay hydrated. People with Diabetes should NOT fast. Take all necessary medications.</li> <li>• Drink a glass of water one hour prior to the appointment.</li> <li>• Avoid strenuous exercise 12 hours prior to the screening.</li> <li>• Refrain from drinking alcoholic beverages for at least 12 hours prior to your appointment.</li> <li>• Limit caffeine and nicotine one hour prior to your appointment.</li> <li>• Provide any history of problems associated with providing a blood sample.</li> </ul>			