

Wellness Direct Lab Laboratory Services

More than 70 percent of the time, physicians rely on lab tests to diagnose a patient's illness or disorder. In fact, at DeKalb Memorial Hospital and healthcare organizations nationwide, medical technicians and phlebotomists are key behind-the-scenes players in diagnosing and treating patients.



More importantly, however, these healthcare workers are on the front lines in providing the public access to the preventative screenings essential to wellness.

At DeKalb Memorial Hospital, screenings from glucose to thyroid tests are provided through three full-service labs — each accredited by the College of American Pathologists, the highest accreditation available to laboratories.

Although the on-site 24-hour lab conducts more than 90 percent of the hospital's testing, enhanced access to preventative screening tests is also available through a number of non-traditional testing options. For example, DeKalb Memorial Hospital's labs will provide home and car-side blood draws for patients with mobility issues. This service only requires a call ahead for scheduling, so the technician can meet the patient at their car or home.

Some area residents may even receive services from DeKalb Memorial Hospital labs at work. Several local companies offer multiple health screenings for their employees on an annual basis, said Brenda Seely, laboratory services manager at DeKalb Memorial Hospital. The results are provided to the employees confidentially.

"Screening the public allows us to find problems through elevated lab test results before there are symptoms," Seely explained. "The earlier you detect disease, the better your chance for recovery."

One way consumers can take control of their health is DeKalb Memorial Hospital's new program, Wellness Direct. Through Wellness Direct, individuals can receive self-ordered testing and screening services without a physician's order — and without an appointment.

During these economic times, patients will appreciate the convenience and benefit that payment is cash at time of service and with no insurance or billing as part of the process, it will allow for the hospital to offer services at deep discounts.

"A consumer can expect to save as much as 30 percent off these tests," explained Seely. "We anticipate that people who are, unattached, uninsured or who may have a large insurance deductible will especially appreciate this new program. Medicare patients will also find this helpful, since many annual screenings are not covered. Laboratory offers new service and provides lifeline for physicians and patients or may be unpaid because of frequency. We want to do everything we can to make healthcare more affordable and accessible for our community."

After taking part in Wellness Direct testing, a patient's results will be either mailed to them, or can be picked up directly. Patients will also receive an explanation of the screenings they received and what their results mean, to help them interpret the findings.

"For patients that want to monitor their progress at reducing their cholesterol or just need to know their blood type, this service will provide quick and convenient results," Seely concluded.

No appointments are necessary for Wellness Direct laboratory services and registration is required. For more information, call the lab at 260.920.2602, or visit us on the Web at www.dekalbmemorial.com.

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Fasting tests:

- Glucose
- General Health Panel (includes; CBC, TSH, Albumin, Alkaline Phosphatase, Total Bilirubin, Calcium, Chloride, Creatinine, Glucose, Potassium, Protein, SGOT (AST), SGPT (ALT) Sodium, BUN and Carbon Dioxide)
- Cholesterol
- Lipid profile
- Vitamin B 12

Nonfasting tests:

- Calcium
- Urinalysis
- Blood Type
- Cardiac hsCRP
- CBC without diff (Hemogram)
- PSA (Prostate-specific Antigen)
- TSH (Thyroid)
- Hepatitis C
- Urine Pregnancy
- Hepatitis B surface antibody
- Rubella
- RPR (Syphilis)

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Wellness Direct Laboratory Services

FASTING* (Fast for 12 hours)

- Glucose* \$10.00
- General Health Panel* \$43.00
(includes; CBC, TSH, Albumin, Alkaline Phosphatase, Total Bilirubin, Calcium, Chloride, Creatinine, Glucose, Potassium, Protein, SGOT (AST), SGPT (ALT) Sodium, BUN and Carbon Dioxide)
- Cholesterol* \$10.00
- Lipid profile* \$58.00
- Vitamin B 12* \$43.00
- Plus a draw fee of \$5.00 will be added to total \$5.00**

NON FASTING

- Calcium \$10.00
- Urinalysis \$15.00
- Blood Type \$58.00
- Cardiac hsCRP \$115.00
- CBC without diff (Hemogram) \$12.00
- PSA (males only) \$28.00
- TSH \$23.50
- Hepatitis C \$21.00
- Urine Pregnancy \$21.00
- Hepatitis B surface antibody \$15.25
- Rubella \$24.00
- RPR (Syphilis test) \$10.00

Lab Only:

Order under DAT tab, deliver report to DAT and do NOT CC any physician. CC either patient copy mail or patient copy pick up. Provide two copies, Lab keeps one and the other given back to the patient.

Personal Information (Please print):

Name _____ M_____ F _____

Address _____

City _____ State _____ Zip _____

Social Security Number (SSN) _____ -- _____ -- _____

Current Phone _____

Date Of Birth _____ / _____ / _____

Please read and initial the following:

- _____ I understand that if I want a copy to go to my doctor, I am responsible for giving him/her a copy.
- _____ I understand that I cannot bill my insurance for this testing and I will NOT receive a bill for this, only a receipt of payment.
- _____ I understand these test procedures are a screening tool and not designed to diagnose or predict illness. It is my responsibility to initiate medical follow-up to confirm test results for a professional interpretation.
- _____ I understand results are mailed within 3 working days, and should be received within 5 working days. Please do not call for results prior to 5 working days.
- _____ I understand that I will be notified personally of critical values that need immediate attention.
- _____ I have received or been offered the Notice of Privacy Practices.

- Please mail my results or
- I will pick up my results on _____

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Albumin

Albumin is a protein that maintains normal blood volume and water content in tissues. In addition, Albumin levels help determine the functional ability of the liver and kidneys.

Alkaline Phosphatase

Alkaline Phosphatase is an enzyme found in the liver and in bone. It is released into the blood when rapid bone growth, bone destruction, or any condition causing obstruction of the biliary system occurs.

ALT

ALT is an enzyme found in the liver and heart muscle. It is released into the blood stream when either of these organs is damaged; thereby helping to diagnose and monitor disorders associated with them.

AST

AST is a non-specific enzyme found in the liver, heart and skeletal muscles, and in the kidneys. It is released into the blood stream in proportion to cellular damage.

Bilirubin, Total

Bilirubin is a substance produced by the normal breakdown of hemoglobin, the oxygen carrying substance in red blood cells. The liver removes excess bilirubin from the blood.

Blood Type

To determine ABO blood group and Rh type when you need to be transfused with blood or blood components or when you donate blood at a collection facility; pregnant women are tested to determine the risk of Rh incompatibility between the mother and fetus.

BUN (Blood Urea Nitrogen)

BUN measures the amount of urea nitrogen and creatinine, two waste products of protein and muscle metabolism found in the blood. The kidneys filter these waste products from your system.

Calcium

Calcium is a mineral controlled by the kidneys and the parathyroid glands. It is the most abundant mineral in the body with 98% found in the skeleton. It is important for blood clotting, nerve and muscle function and cell reproduction.

Carbon Dioxide (CO2)

Carbon Dioxide is a gas formed in tissues by metabolic processes and excreted by respiration. It is involved in regulation of acid-based balance.

Chloride (CL)

Chloride is an "electrolyte" controlled by the kidneys and can sometimes be affected by diet. It is involved in maintaining acid-base balance, and helps to regulate blood volume and artery pressure.

Cholesterol

Cholesterol is a fatty substance necessary for the proper function of every cell and has two major forms: HDL and LDL. It is carried through the blood stream by protein and is one of the building blocks for many hormones in the body. When it is present in the blood in excessive amounts, there is an increased risk of arteriosclerosis or "hardening of the arteries". Depending on the arteries that are blocked, one may have a heart attack, stroke or poor circulation in the legs. It is recommended that your cholesterol level is kept below 200 mg/dl.

Cholesterol: HDL

The Cholesterol: HDL ratio is obtained by dividing your cholesterol level by your HDL results. Studies show that the lower this ratio, the lower your risk for heart disease.

Creatinine

Creatinine is a waste product of protein metabolism. The kidneys remove this from your system.

Ferritin

Ferritin is the chief iron-storage protein in the body. A low value is thought to be the best laboratory indicator of iron depletion. Ferritin is useful in distinguishing between iron deficiency anemia and anemia of chronic disease. Iron overload known as hemochromatosis is associated with very high Ferritin levels.

Glucose

Glucose measures the amount of sugar in your blood. Glucose is the primary energy source in your body. This test is used to help detect diabetes and other metabolic disorders.

HDL Cholesterol

HDL, or high density lipoprotein is considered the "good" form of cholesterol because it removes the bad cholesterol and prevents plaque from building up in your blood stream. Therefore, HDL helps to protect you against developing coronary artery disease. Studies show the higher your HDL value, the lower the incidence of heart disease.

Hematocrit

Hematocrit measures the percentage of blood that is composed of red blood cells.

Hemoglobin

Hemoglobin measures the protein found in a red blood cell. It contains iron and carries oxygen from the lungs to the body tissues.

Hepatitis B surface antibody

Done to diagnose and follow the course of an infection with hepatitis B or to determine if the vaccine against hepatitis B has produced the desired level of immunity. If you have symptoms of a hepatitis B infection or are likely to have been exposed to the hepatitis B virus (HBV); if you have chronic liver disease due to some other cause; or if you have received the hepatitis B vaccine.

Hepatitis C

To determine if you have contracted the hepatitis C virus (HCV) and to monitor treatment of the infection if you may have been exposed to the hepatitis C virus, such as through contact with infected blood, or have risk factors for hepatitis C infection.

Homocysteine

Studies have shown that high levels of this amino acid are associated with three times the normal risk for heart disease or stroke. Factors affecting levels include gender (25% higher in men), age, lifestyle (smoking and lack of exercise), diet, renal function, medications (oral contraceptives) or disease states.

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HS-CRP

HS-CRP, or Highly Sensitive C-Reactive Protein, assesses the risk in individuals who currently do not have any symptoms of heart disease. In 75% of healthy adults HS-CRP values will be less than 0.37. Studies have shown higher values are associated with an increased risk for developing heart disease. A person has an even higher risk if their cholesterol: HDL ratio greater than 5.5 is coupled with a high HS-CRP. Please note that HS-CRP can be increased by other conditions.

LDL

LDL, or low density lipoprotein, is one component of your blood cholesterol. LDL carries cholesterol through your bloodstream to help your body build cell walls and produce hormones. But when there is too much LDL, it sticks to blood vessel walls and blocks the flow of blood. This can lead to heart attacks and strokes, which is why LDL cholesterol is called the "bad" cholesterol.

MCH (Mean Corpuscular Hemoglobin)

MCH is the calculated weight of hemoglobin within red blood cells. Normally hemoglobin makes up about a third of the mass of a red blood cell. This test is also useful in diagnosing anemias.

MCV (Mean Corpuscular Volume)

MCV measures the average size of red blood cells.

MPV

MPV measures the average volume of platelets in the blood.

Platelet Count

Platelet count measures the number of platelets in a volume of blood and the body's ability to clot blood. Low values may be seen in association with certain diseases of the bone marrow, therapeutic drugs, bleeding disorders, alcoholism, immune disorders, or chemotherapy for cancer.

Potassium (K)

Potassium is an "electrolyte". It is an essential conductor and important in maintaining and regulating muscle and cell activity.

Pregnancy

Confirms and monitors pregnancy or to help diagnose and monitor trophoblastic disease or germ cell tumors. Can be positive as early as 10 days after a missed menstrual period (some methods can detect hCG even earlier, at one week after conception) or if a doctor thinks that your symptoms suggest ectopic pregnancy, trophoblastic disease, or germ cell tumors.

Prostatic Specific Antigen (PSA)

High levels of PSA may indicate an increased risk for prostate cancer and is used along with other exams done by Physicians to detect this.

RBC (Red Blood Cell) count

RBC measures the total number of red blood cells in a given volume of blood. RBC's main function is to carry oxygen to tissues.

RDW (Red Cell Distribution Width)

The RDW is a test that calculates the range in sizes of your red blood cells. The larger the difference between the sizes of your cells, from smaller to largest, is represented by this percentage. A high RDW may be an indicator of an anemia.

RPR (Syphilis)

Done to screen for syphilis infection if you have symptoms of a syphilis infection, if you have another STD, or are pregnant.

Rubella

Done to determine if you have sufficient rubella antibodies to protect you from the rubella virus; to verify a past infection or detect a recent infection. Prior to or at the beginning of a pregnancy to verify immunity; if a pregnant woman has symptoms of rubella, such as fever and rash; if a newborn shows signs of abnormal development or birth defects that may be caused by an in utero infection; if there is need to verify a recent rubella infection or to verify immunity.

Sodium (NA)

Sodium is an "electrolyte" along with potassium and chloride. It is involved in keeping the salt and water balanced in your body.

Total Protein

Proteins in your blood serve to maintain the normal blood volume and water content in tissues. In addition, proteins help to maintain the normal acid-base balance in the blood.

Triglycerides

Triglycerides are a form of fat stored in the body that provides energy. Triglycerides alone are not considered an independent risk factor for heart disease.

TSH

TSH, or Thyroid Stimulating Hormone, is used to diagnose hypothyroidism (increased value) and hyperthyroidism (decreased value).

Urinalysis

Screens for metabolic and kidney disorders and for urinary tract infections. During a routine physical or when you have symptoms of a urinary tract infection, such as abdominal pain, back pain, frequent or painful urination, or blood in the urine; as part of a pregnancy checkup, a hospital admission, or a pre-surgical work-up.

Vitamin B 12

Done to help diagnose the cause of anemia or neuropathy (nerve damage); to evaluate nutritional status in some patients; to monitor effectiveness of treatment for B12 or folate deficiency. When you have large red blood cells; when you have symptoms of anemia and/or of neuropathy; when you are being treated for B12 or folate deficiency.

WBC (White Blood Cell) count

WBC measures the total number of white blood cells in a given volume of blood. Since WBC's kill bacteria, this count is a measure of the body's response to infection. In general, the more the count is out of range, the more acute the infection. Low values are sometimes seen in cases of viral infections, toxic reactions, or states of impaired immune function.