

## EXPLANATION OF HEALTH SCREENINGS

### Lipid Panel

Total Cholesterol, HDL (good) Cholesterol, LDL (bad) Cholesterol, Triglycerides, TC/HDL Ratio. 6-8 hour fast is recommended for best results, but NOT required. **Please stay hydrated by drinking, tea, black coffee, and LOTS of water.**

### Thyroid Screening (TSH)

The Thyroid Screening measures the Thyroid Stimulating Hormone for hypothyroidism (underactive thyroid) and hyperthyroidism (overactive thyroid). It is important to test your TSH value every 6-12 months if you are taking thyroid medication. **No fasting is necessary.**

### Prostate Screening (PSA)

The Prostate Screening measures the Prostate Specific Antigen (PSA) and is one of the best screening tests for the early detection of prostate cancer and other prostate problems. PSA screening is performed on all men 40 years and older (unless medically necessary) and is only a blood test. **No fasting is necessary.**

### Diabetes (Hemoglobin A1c)

The A1c test calculates your average blood sugar for the past 2-3 months. It allows you to see if you are controlling your blood sugar levels. This is possible because sugar attaches to the hemoglobin in your blood, where it is attached there for the life of the red blood cell – about 3-4 months. **No fasting is necessary.**

### Complete Blood Count (CBC)

The Complete Blood Count (CBC) is used as a broad screening test to check for disorders such as anemia, infection, and many other diseases. It is a panel of tests that examines different parts of the blood. **No fasting is necessary.**

### Hepatitis C (HCV)

HCV is an infection caused by a virus that attacks the liver and leads to inflammation. The virus is spread by contact with contaminated blood, for example, from sharing needles or from unsterile tattoo equipment. Through a routine blood test we check for the hepatitis C virus antibody to assess for past or current hepatitis C infection.

### Comprehensive Metabolic Panel (CMP)

The Comprehensive Metabolic Panel (CMP) is a frequently ordered panel of tests that provides important information about the current status of your kidneys, blood sugar (glucose), electrolytes and acid/base balance. 6-8 hour fast is recommended for best results but NOT required. **Please stay hydrated by drinking LOTS of water, tea, and/or black coffee.**

### Lab Results

All lab results are reviewed by our Provider (MD, NP, PA) prior to being sent to participants through their patient portal that is accessed through the Healow App.

### Vitals

Height, Weight, Pulse, Oxygen Saturation.

Body Mass Index (BMI): BMI is a number calculated from a person's weight and height. BMI provides a reliable indicator of body fat and is used to screen for weight categories that may lead to health problems.

Blood Pressure (BP): A blood pressure test measures the pressure in your arteries as your heart pumps. This test is used to determine if you have prehypertension, high blood pressure (hypertension) or low blood pressure (hypotension).

### Influenza Vaccination

We offer on-site flu shot clinics during Flu season beginning of September through January. You may also call to make an appointment at our Eagle office.

### Preventative Counseling

Our Provider (MD, NP, PA) will provide one-on-one counseling including a review of personal health history, family health history, vitals review, and lifestyle factors in order to evaluate personal risk factors for preventable illness. Participants will receive personalized education for modifiable risk factors, review of age, gender specific routine screenings and immunization guidelines. Participants will have the opportunity to ask questions and discuss available options for improved health and lifestyle.

### Preventative Consultation

A follow up wellness consultation with our Provider (MD, NP, PA) is available through a phone call or a face to face consultation through TeleHealth to provide private counseling on lab results and recommendations.

### COVID Vaccinations & Testing

Preventative Health is offering Drive Up COVID-19 Vaccinations, Antibody Testing, and PCR Testing conveniently based out of our Eagle, ID office.

**How it works:** Call our office to schedule an appointment. Drive up to a parking space in front of our office. Stay in your vehicle and call the office to let us know that you have arrived.

**What you will need:** Driver's License, Valid Insurance Card or Social Security Card and Face Mask Required.

**PCR Testing:** Results are typically available in 24-48 hours. We are testing Symptomatic, Asymptomatic and Travel Patients.

**Antibody Testing:** Results are typically available within 2 weeks. Call our office prior to VERIFY insurance coverage.

**Vaccination:** We are offering Moderna and Johnson & Johnson. You must be 18 years or older.