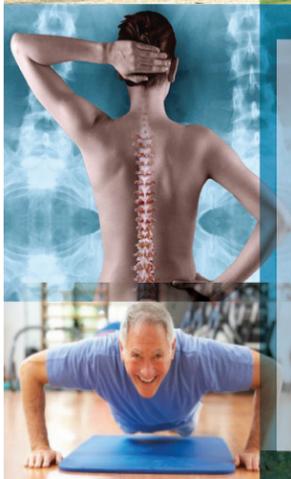




# 2014 Screenings

Osteoporosis, Skin & Lab Tests



## ADOA | Phoenix

100 N. 15th Ave.  
Lobby Area



Wednesday, May 7<sup>th</sup>, 2014  
7:00am–11:00am

### FREE Mini-Health Screen

Complete screening takes only about 20 min...\$35 cost for non-state employees or family.

### Mini-Health Screen includes:

Complete Lipid Profile & Glucose (fasting 8 hours—water is OK)

- Total cholesterol • HDL • LDL • VLDL
- Coronary Risk Ratio • Triglycerides
- Glucose • Fructosamine (2-4 week glucose test)

**NOTE on fasting:** A Cholesterol and HDL test is available for persons who have already eaten on the day of the screening.

- **Blood Pressure**
- **Height, Weight & Body Mass Index (BMI)**
- **Body Fat Measurement** Computerized infrared measure at dominant bicep

### PSA CANCER SCREEN...\$5 (copay)

Non fasting. Recommended for men aged 40 and older. \$42 cost for non-state employees.

### OSTEOPOROSIS/ BONE DENSITY SCREENING

Osteoporosis screening using an advanced ultrasonometer on the heel (no x-rays or radiation). Free to women age 40 and older or postmenopausal women under age 40. (\$30 cost for others)

### VISIDERM SKIN SCREENING

Black light test which shows areas of sun overexposure on the face. Takes about 5 minutes.

Personal Results and Lab Profile mailed within 10 days to your address

### OPTIONAL TESTS...for additional costs

SMAC LAB PROFILE \$20 (\$35 for non-state) 8 hour fasting (water only)  
Comprehensive blood test measuring 30 different items which aid in determining the health of many organs and body systems.

HEMOGLOBIN A1C \$35 (Diabetes)

C-REACTIVE PROTEIN (CRP) \$58 Helps predict heart attack risk.

BLOOD COUNT (CBC) \$22

THYROID SCREEN \$28 (T3 uptake, T4, T7 index)

TSH THYROID \$38

COLORECTAL CANCER SCREEN \$15 Take-home screening test kit.

FOOD ALLERGY PANEL \$65 (Non-Fasting Blood Draw)

Tests sensitivity for 46 food items: fruits, vegetables, meats and etc.

COMPREHENSIVE FOOD PANEL \$119 (Expanded to 90 food items)

SOUTHWEST INHALENT ALLERGY \$65 (Non-Fasting Blood Draw)

Tests for 45 inhalents, including grasses, weeds, trees, pet hair and pollens.

**ALL BENEFIT ELIGIBLE**  
State employees qualify  
Information contact:

602-771-WELL (9355)

[http://benefitoptions.](http://benefitoptions.az.gov/wellness/)

[az.gov/wellness/](http://benefitoptions.az.gov/wellness/)

### ASK ABOUT OUR NEW TESTS:

RHEUMATOID ARTHRITIS  
PANEL \$95

CA-125 \$87

(Ovarian cancer monitoring)

TESTOSTERONE TOTAL \$85

ESTROGEN TOTAL \$85