

Walk-In Wellness

Lab Testing

Save
time and
money.

- No appointment is necessary
- Does not require a physician's order
- For anyone age 18 or older
- You choose which test(s) you want.
- Very affordable fees
- Results are available to you and your Mayo Clinic Health System or Gundersen-Decorah provider through WMC MyChart or can be mailed to you within 5 business days at your request.

Walk-In Lab Testing Hours

Monday thru Friday at any location

Decorah: 7:00 am - 2 pm

Mabel Clinic: 7:30 am - 2 pm

Ossian Clinic: 7:30 am - 2 pm

How does it work?

- Register, choose tests and pay at Main Entrance Registration.
- Proceed to the lab and check in with receptionist
- Abnormal results that require immediate attention will be called to you directly.
- **You consent to take full responsibility for follow-up of abnormal results.** Test results outside of the reference range do not necessarily indicate the presence of disease, however, further follow-up is recommended.
- If no abnormal results are noted, this does not guarantee that you are in perfect health. Lab testing is only one part of the equation. **It is your responsibility to make an appointment with the provider of your choice to discuss your test results.**

What about health insurance?

Payment (by cash, credit card or check) is required prior to testing, we do not submit to insurance.



Physician services by



Decorah and Ossian, IA and Mabel, MN

563-382-2911

www.winmedical.org

DO NOT TAKE VITAMINS 12 hours prior to any test

Tests in this box require that you FAST (no food/drink) intake for 8-12 hours prior to the test for more accurate results.

Community Wellness: \$45

Includes:

- **Lipid panel** - Screen cholesterol, calculated LDL, HDL, and triglycerides.
- **Glucose** - Measure blood sugar levels.
- **TSH** - Screen for thyroid disorders.
- **Hemoglobin** - Measure the amount of red blood cells in your blood.
- **BUN** - Evaluate kidney function.
- **Creatinine** - Evaluate kidney function.
- **Potassium** - Screens for illness such as high blood pressure or kidney disease.
- **Calcium** - Screen, diagnose and monitor conditions relating to the bones, heart, nerves, kidneys and teeth.
- **AST** - Detect liver function.
- **Sodium** - Measure blood sodium levels.

Community Screen: \$40

Includes:

- **Lipid panel** - Screen cholesterol, calculated LDL, HDL and triglycerides.
- **Glucose** - Measure blood sugar levels.
- **TSH** - Screen for thyroid disorders.

Lipid Panel: \$25

Screen cholesterol, calculated LDL, HDL and triglycerides.

Glucose: \$15

Measure blood sugar levels.

Hemogram: \$20

Screen for infection and anemia. Includes white cell count, red cell count, hemoglobin, hematocrit, and platelets.

TSH: \$20 Screen for thyroid disorders.

HgbA1c: \$30

Determine average blood sugar level.

Blood Typing: \$25

Determine A-B-O blood group and Rh type.

PSA: \$40

Screen for prostate cancer in men.

Winneshiek Medical Center does not exclude from participation, deny benefits to, or otherwise discriminate against any person on the basis of race, color, gender, sexual orientation, gender identity, age, national origin, religion, or disability in admission to, participation in, or receipt of services and benefits of any of its programs and activities or in employment. If assistive or communication aids for impaired hearing, vision, speech, or manual skills are needed, Winneshiek Medical Center will make reasonable accommodations.

Understanding Your Lab Results

Glucose - helps diagnose and monitor for diabetes or pre-diabetes conditions.

Hemoglobin - is an integral part of your health evaluation and is used to measure the amount of red blood cells in your blood. Abnormal hemoglobin is related to conditions like: anemia, dehydration, iron deficiency, excessive bleeding, kidney or liver disease.

BUN (Blood Urea Nitrogen) - evaluates kidney function. Certain medications may cause your physician to monitor your kidney function. BUN levels increase with age and also with high protein diets.

Creatinine - evaluates kidney function. Frequently used in combination with the BUN to diagnose kidney diseases.

Sodium - blood pressure, fluid balance, nerve and muscle function.

AST - detects liver damage. This test, compared with other liver function tests, is used by the physician to make any diagnosis of liver disease.

TSH - assesses thyroid function, particularly suitable for early detection or exclusion of disorders in the central regulating circuit between the hypothalamus, pituitary and thyroid.

Potassium - affects all body organs. As part of a routine medical exam, it can be used to investigate a serious illness such as high blood pressure or kidney disease.

Calcium - used to screen for, diagnose and monitor conditions relating to the bones, heart, nerves, kidneys and teeth. This may be used to diagnose kidney stones, bone disease or neurologic disorders. Blood calcium will NOT tell you how much calcium is in your bones but will tell you the total calcium circulating in your blood stream.

PSA - Prostate cancer can still occur with a normal PSA; therefore, a digital rectal exam is recommended in men over age 50 or above age 40 with a family history of prostate cancer.

What do my cholesterol levels mean?

High blood cholesterol signals a higher risk of heart attack and stroke. That's why it's important to have your cholesterol levels checked regularly and discuss them with your doctor. A "lipoprotein profile" is a test to find out your blood cholesterol numbers. It gives information about total cholesterol, LDL (bad) cholesterol and HDL (good) cholesterol, as well as triglycerides (blood fats). All of these are measured in milligrams per deciliter of blood (mg/dL).

What should my total cholesterol level be?

Total Blood Cholesterol Levels:

Less than 200 mg/dL = Desirable (lower risk)

200 to 239 mg/dL = Borderline high (higher risk)

240 mg/dL and above = High blood cholesterol (more than twice the risk as desirable level)

What should my HDL cholesterol level be?

HDL stands for high-density lipoprotein. HDL is "good" cholesterol because it seems to lower your risk of heart attack and stroke. That means- unlike other cholesterol levels - the higher your HDL, the better. You can raise your HDL by quitting smoking, losing excess weight and being more active. This will reduce your risk of heart attack and stroke.

HDL Cholesterol Levels:

Less than 40 mg/dL = Low HDL (higher risk)

40 to 59 mg/dL = The higher, the better

60 mg/dL and above = High HDL (lower risk)

What should my LDL cholesterol level be?

LDL stands for low-density lipoprotein. This is the main carrier of harmful cholesterol in your blood. A high level of LDL cholesterol means there's a higher risk of heart disease and stroke. The lower your LDL cholesterol is, the lower your risk will be.

LDL Cholesterol Levels:

Less than 100 mg/dL = Optimal for people with heart disease or diabetes

100 to 129 mg/dL = Near or above optimal

130 to 159 mg/dL = Borderline high

160 to 189 mg/dL = High

190 mg/dL and above = Very high

What should my triglyceride level be?

Triglycerides are the most common type of fat in your body. They're also a major energy source. They come from food, and your body also makes them. As people get older, gain excess weight or both, their triglyceride and cholesterol levels tend to rise. Many people who have heart disease or diabetes have high fasting triglyceride levels. Some studies have shown that people with above normal fasting triglyceride levels (150 mg/dL or higher) have a higher risk of heart disease and stroke.

Triglyceride Levels:

Less than 150 mg/dL = Normal

150 to 199 mg/dL = Borderline high

200 - 499 mg/dL = High

500 mg/dL and above = Very high



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