How does it work?

- Register, choose tests and pay at Main Entrance Registration.
- Proceed to the Lab and check in with the receptionist.
- 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 five business days at your request.
- 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 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.

Lab tests to help you affordably monitor your own health.

Patients requiring lab work in coordination with their clinical care should work directly with their health care provider.

Patient Name: __________________________

Choose your tests.
Use ball point pen, press down firmly.

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 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.

- **TSH: $20**
  - Screen for thyroid disorders.

- **HgbA1c: $30**
  - Determine average blood sugar level.

- **PSA: $40**
  - Screen for prostate cancer in men.

FOR OFFICE USE ONLY

Check method of payment:
- [ ] Check/Cash
- [ ] Visa
- [ ] Mastercard

Date: ____________________  Initials: _______________

Date: ____________________  Time Drawn: _______________

Your most trusted partner for health care.
Understanding Your Lab Results

**Glucose** - Helps diagnose and monitor for diabetes or pre-diabetes conditions.

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

**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.

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**What do my cholesterol levels mean?**

**What should my total cholesterol level be?**
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).

*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