

Healthwaves 2017-2018 EMPLOYER PROGRAMS



**PUBLIC
LAB SCREENINGS**



**CORPORATE
WELLNESS PROGRAMS**



**WORKSITE
FLU CLINICS**



**TRAVEL
IMMUNIZATIONS**

Healthwaves is one of the original innovators of corporate wellness programs. Since 1986 our team has conducted preventive health services for employer groups at the convenience of the worksite. Healthwaves' community-based screenings have reached millions of participants. Employers will benefit significantly by promoting health awareness in the workplace. Individuals will benefit by taking more responsibility for their own health.



WWW.HEALTHWAVES.COM
480.968.1886



COMMUNITY HEALTH FAIRS

Held at sites throughout Arizona.
See www.healthwaves.com or call
480-968-1886 for a complete schedule.

LAB TESTS

SMAC CHEM PANEL

\$35

8 hour fasting (water and medications only)
HDL, LDL, VLDL Cholesterol, Total Cholesterol
Triglycerides, Cardiac Risk Ratio
Diabetes: Glucose, Fructosamine
Kidney: BUN, Creatinine
Nutrition: Protein, Albumin, Globulin
Iron: TIBC, Transferrin % Sat.
Liver: Bilirubin, GGTP, SGOT, SGPT, LDH
Bone: Calcium, Phosphates
Gout: Uric Acid
Electrolytes: Sodium, Chloride

PROSTATE SPECIFIC ANTIGEN (PSA)

\$48

Recommended for men 40 and older.
A digital rectal exam conducted by
a physician is also recommended.

C-REACTIVE

PROTEIN-HIGH SENSITIVITY

\$35

8 hour fasting preferred (water only). Helps
predict heart attack risk.

COMPLETE BLOOD COUNT (CBC)

\$20

Tests for anemia and other conditions.

HEMOGLOBIN A1C

\$25

No fasting necessary. This test is used for
diabetic patients to monitor glucose control
over the last few months.

RHEUMATOID ARTHRITIS PANEL

\$95

TSH THYROID

\$38

T3, T4 AND T7 THYROID

\$28

BOTH PANELS RECOMMENDED

\$58

APOLIPOPROTEIN A-1 & B

\$68

A more advanced and sensitive indicator
of cardiovascular risk.

COLORECTAL CANCER SCREENING

\$30

Take-home kit for screening fecal-occult blood.
Kit must be returned in provided envelope.

BLOOD TYPE (GROUP & RH)

\$25

HOMOCYSTEINE

\$90

ALLERGY TESTING

Basic Food Panel \$75 Tests 46 items (includes: milk, eggs,
meats and grains).

Southwest Regional Inhalant Panel \$75 Tests 45 items
(includes: grasses, dust, pollens and pet hair).

Comprehensive Food Panel \$140 Tests 90 items—all of
basic panel plus many more food items.

COMBO PRICES~

**Basic Food and Southwest Regional
Inhalant Panels \$130**

**Comprehensive Food and Southwest Regional
Inhalant Panels \$185**



SPECIAL TESTS

By appointment at our Tempe office
or for groups at Corporate Wellness
Programs.



PROMOTING BONE HEALTH

Osteoporosis

Bone Density Screen \$35

One minute ultrasound measurement
of heel. No x-rays or radiation.
Recommended for anyone at risk for
osteoporosis.



CHECK YOUR SKIN

Visiderm

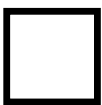
Skin Screen \$20

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



EMPLOYER/GROUP WELLNESS PROGRAMS

Schedule the Healthwaves Team at your location. Customize your company's worksite and wellness screenings based on your health needs. Choose from the options listed below (minimum participation is 35 people per session). Call us at 480-968-1886 to schedule screenings at your worksite.



WELLNESS LAB TESTS

Complete Lipid Panel
Lipoprotein Analysis (particle size)
SMAC Chem Panel
Prostate Specific Antigen (PSA)
C-Reactive Protein-High Sensitivity
Complete Blood Count (CBC)
Hemoglobin A1C
Rheumatoid Arthritis Panel
TSH Thyroid
T3, T4 and T7 Thyroid
Apolipoprotein A-1 & B
Allergy Testing
(Food & Regional Inhalent)
Homocysteine
Other Lab tests by request

POPULAR HEALTH SCREENING OPTIONS

FINGERSTICKS

- ▶ 3-Minute Total Cholesterol
- ▶ Blood Sugar (glucose)
- ▶ Cholesterol, Glucose & HDL
- ▶ Lipid Profile (cholesterol, HDL, LDL, risk ratio, glucose)
- ▶ Hemoglobin A1c

WORKSITE IMMUNIZATIONS

Influenza, Pneumonia, Tetanus, Hepatitis, & Travel Immunizations. Pricing is seasonally dependent. Call 480-968-1886 for details.

OTHER SERVICES UPON REQUEST

- On-line Health Risk Appraisals
- On-line appointments
- Group health data reports (risk breakdowns & analysis)
- Osteoporosis bone density testing
- Colorectal cancer screening
- Pulmonary (lung) function
- Body fat and fitness tests
- Follow-up consultations
- Visiderm Skin Test
- Cardiovascular fitness, flexibility & muscular strength tests

THE FITNESS SCREEN \$45

A 10-minute basic screening which includes a non-fasting cholesterol test, HDL, glucose, blood pressure, height, weight & body fat analysis or waist measurement.

THE WELLNESS SCREEN \$65

A 20-minute health screening which includes a computerized health risk appraisal, SMAC Chem Panel (8 hour fasting, water and any medications only), blood pressure, height, weight and body fat analysis or waist measurement.

Results mailed with lab report in seven to ten days. Corporate group health report included.



WORKSITE FLU CLINICS

Consider setting up a flu clinic at your worksite, church, or community center. In Arizona, peak season for the flu is January to late March. The best time to get a shot is September through January. Healthwaves will send a registered nurse team to your worksite or community center.

CALL NOW TO RESERVE
DATE & TIME FOR THE
2017-2018 FLU SEASON!
480-968-1886



HEALTHWAVES RN'S GO TO YOUR WORKSITE!



TRAVEL IMMUNIZATIONS

Healthwaves offers a full range of immunizations for students, employees, and anyone traveling to a foreign country. Healthwaves is a network provider for BCBS plans. We are a designated yellow fever vaccine administrator. Immunizations are available to help protect against the following diseases and conditions:

OPEN TO THE PUBLIC BY
APPOINTMENT ONLY AT
OUR TEMPE OFFICE.
CALL 480-968-1886 FOR
INFORMATION.

- ▶ FLU
- ▶ PNEUMONIA
- ▶ TETANUS/DIPHTHERIA
- ▶ HEPATITIS A/B
- ▶ POLIO
- ▶ MEASLES, MUMPS, RUBELLA
- ▶ MENINGITIS
- ▶ TUBERCULOSIS
- ▶ TYPHOID
- ▶ YELLOW FEVER
- ▶ CHICKEN POX
- ▶ SHINGLES
- ▶ CERVICAL CANCER



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