Healthwaves

Worksite Wellness, Laboratory Screening & Immunization Services
Since 1986. Medical Director: Patrick Connell, M.D., FACEP

PLEASE CHECK (✓) TESTS TO BE PERFORMED (tests do not require fasting, unless indicated). Not all tests may be available at this site.

☐ **SMAC-31 Super Panel $40**
8 hrs fasting (water & medications ok)
• HDL, LDL, VLDL Cholesterol, Non-HDL, Total Cholesterol • Triglycerides, Cardiac Risk Ratio • Diabetes: Glucose, Fructosamine • Kidney: BUN, Creatinine, Ratio, GFR Est. • Nutrition: Protein, Albumin, Globulin, Albumin/Globulin Ratio • Iron: TIBC, Iron, Transferrin % Sat. • Liver: Bilirubin, GGT, ALT, AST, LDH, ALK • Bone: Calcium, Phosphates • Gout: Uric Acid • Electrolytes: Sodium, Chloride
2.5 ml min/tiger/spin within 45 min
code 803339

☐ **Complete Lipid Panel $30**
8 hrs fasting (water & medications ok)
Chol, HDL, VLDL, Trig, Chol/HDL Ratio
1.0 ml min/tiger/spin…code 1877

☐ **C-Reactive Protein-High Sensitivity $35**
Helps predict heart attack risk. Includes CardioIQ cardiovascular risk assessment.
1.0 ml min/tiger/spin…code 906949

☐ **Apolipoprotein A-1 & B $68**
Fasting is preferred, a more advanced and sensitive indicator of cardiovascular risk. Includes CardioIQ cardiovascular risk assessment.
1.0 ml min/tiger/spin…code 906947

☐ **Cardio IQ LipoFraction $85**
8 hrs fasting (water & medications ok)
Lipoprotein Fractionation w/lipids. (Includes LDL Particle Number, Pattern, HDL Large, LDL Small, Medium, etc + complete lipid profile) Includes CardioIQ cardiovascular risk assessment.
2.0 ml min/tiger/spin…code 906448
NOTE: *Results may be delayed due to longer testing period for this test.*

☐ **Lipoprotein (a) $40**
Genetically determined, independent CVD risk factor not captured on standard lipid panels. Includes CardioIQ Cardiovascular risk assessment.
1.0 ml min/tiger/spin…code 906948

☐ **Homocysteine $55**
Helps determine the risk of heart disease or stroke. Includes CardioIQ cardiovascular risk assessment.
1.0 ml min/tiger/spin…code 906956

☐ **Hemoglobin A1C $30**
The test used for diabetic patients to monitor glucose control over the last 3 months.
1.0 ml min/needs own tube/lavender..code 9230

☐ **Complete Blood Count (CBC) $25**
Tests for anemia and other conditions.
1.0 ml min—own lavender tube/gently invert x6/refrigerate asap/to lab within 24…code 3000

☐ **Prostate Specific Antigen (PSA) $48**
Recommended for men 40 and older. A digital rectal exam conducted by a physician is also recommended.
1.0 ml min/tiger/spin…code 8501

☐ **TSH Thyroid $38**
1.0 ml min/tiger/spin…code 8055

☐ **TUptake, T4, FT4 Thyroid $28**
1.0 ml min/tiger/spin…code 1409

☐ **Both Panels Recommended $58**
2.0 ml min/tiger/spin

☐ **Free T3 $48**
1.0 ml min/tiger/spin…code 9346

☐ **Free T4 $35**
1.0 ml min/tiger/spin…code 8899

☐ **Testosterone Adult Males Total $85**
Hormone secreted by the testicles in men, the ovaries in women, and in small amounts by the adrenal glands.
1.0 ml min/tiger/spin……..code 9345

☐ **Testosterone Total & Free MALES ONLY $85**
Measures total as well as free amount circulating, not attached to a protein.
1.0 ml min/tiger/spin/…...code 907279

☐ **Testosterone Total & Free WOMEN & CHILDREN $85**
Measures total as well as free amount circulating, not attached to a protein.
1.0 ml /tiger/spin…..code 702723

☐ **Testosterone Total WOMEN & CHILDREN $85**
This test is recommended for females, children less than 18 & hypogonadal males.
0.5 ml /tiger/spin……code 902198

☐ **Vitamin D Test $48**
Recommended to check for deficiency, common in children & adults.
1.0 ml mi/tiger/spin…code 904059

☐ **Vitamin B12 Test $48**
Found in meat, fish & dairy. Helps with fatigue, memory, prevents anemias, and lowers homocysteine.
1.0 ml min/tiger/spin…code 8060

Allergy Testing
Allergy results mailed in approx. 2 weeks.

☐ **Arizona Desert & Mountain Panel $205**
New expanded inhalant panel which includes 48 specific IgE components (e.g., grasses, trees, dust, and animal) common to desert and higher elevation AZ areas.
5.0 ml min/tiger/spin/……code 800997

☐ **Food Comprehensive Panel $125**
New panel which includes 20 of the most common food allergens, including: peanut, milk, egg white, strawberry, wheat, oats, seafood, etc.
3.0 ml min/tiger/spin/……code 205275

☐ **Combo (all panels above) $310**
(2 codes, 2 serum tubes)
Tests performed by Sonora Quest Laboratories

☐ **Folate (Folic Acid) $32**
8 hrs fasting preferred (water only). B vitamins are important for cell growth, metabolism, neurogenic & cardiac health.
1.0 ml min/tiger/spin…code 8015

☐ **Rheumatoid Arthritis Panel $95**
Diagnosis & prognosis of arthritic disorders. Differentiates rheumatoid arthritis from other connective diseases.
1.0 ml min/tiger/spin…code 801796

☐ **Ferritin $30**
Major iron storing protein in the body.
1.0 ml min/tiger/spin…code 9210

☐ **Blood Type (Group & RH) $20**
3 ml min—needs own tube/lavender/ refrigerate asap…code 2317

☐ **Colorectal Cancer Screening $30**
Take-home kit for fecal-occult blood. Kit must be returned in the provided envelope to Healthwaves.

☐ **Sedimentation Rate $25**
Monitors inflammatory disease states
2.0 ml min/ lavender tube…code 3105

☐ **Other:**

Total amount: $

Please double-check your selections above and complete both sides of this form ➠

ABOUT Healthwaves & SONORA QUEST LABORATORIES

Healthwaves Corporate Wellness Team has been providing worksite wellness, laboratory screening, and immunization services since 1986 under the direction of Patrick N. Connell, M.D., FACEP. Sonora Quest, our reference laboratory of choice, has a proven track record of award-winning quality, including being a recipient of the Arizona Governor's Award for Quality. Healthwaves believes that Sonora Quest Laboratories is the gold standard in Arizona, and quality is absolutely paramount in our view. Sonora Quest is used by thousands of Arizona physicians, and thus offers the continuity of care our clients have come to expect. Our experienced Healthwaves professionals, follow-up educational reports, and support programs have 29 years of demonstrated success in preventive medicine.

Sonora Quest Laboratories™
A Subsidiary of Laboratory Sciences of Arizona

INFORMATION ON PARTICIPANT (PLEASE PRINT)

NAME—Last, First, Middle Initial	SEX (F/M)	AGE	DATE OF BIRTH—MM/DD/YYYY	
MAILING ADDRESS	CITY		STATE	ZIP CODE
EMAIL ADDRESS	PHONE			

REFERRED BY: ☐ Mailer ☐ Poster/Flyer ☐ Internet ☐ Newspaper Ad ☐ Doctor ☐ Friend ☐ Other

CONSENT

The undersigned hereby voluntarily consents to undergo a health screening test performed by Healthwaves.
I understand that it is not possible to diagnose or define any disease or problem with a single test alone, and that a screening cannot detect every health problem. For example, a prostate-specific antigen (PSA) blood test cannot detect all prostate cancers. I understand these tests are for screening purposes only and are not diagnostic tests or a substitute for a more complete examination by a physician. Blood test results can fluctuate from day to day due to changes in the individual and from laboratory variation. As a result, a test may be abnormal at one time and not another. If any of my results fall outside normal ranges, I understand I should see a physician for a follow up evaluation. Often a retest by your physician will be necessary. A new sterile needle is used for each blood test. I understand possible but infrequent side effects include fainting, bacterial infection, or bruising (hematoma) at the puncture site. In rare circumstances, I may be contacted for a redraw due to a poor lab sample. **I understand that because these are screening tests, they are not reimbursable under most insurance plans.** Screening tests are being performed per the direction and authority of the Healthwaves Medical Director, Patrick N. Connell, M.D. or as otherwise designated on the laboratory requisition or results forms. Lab results are made available through the Health Information Exchange (HIE) so your physician has access for medical history and/or reference in the case of an emergency. If you would like to opt out of HIE, please contact Healthwaves at confidential@healthwaves.com. Healthwaves practices in accordance with HIPAA regulations as pertains to privacy practices & patient confidentiality regarding protected health information.

X

SIGNATURE DATE (MM/DD/YY)

HEALTHWAVES PERSONNEL ONLY BELOW THIS LINE

AMOUNT PAID	LOCATION	SCREENER INITIALS	SENT ON/BY CONCERN
$ ☐ CASH ☐ CARD # ☐ CHECK #			**A** **B**

Public Lab Consent: Updated 06/2026