

MyHealth Labs lets you actively monitor your own health.

- No appointment necessary.
- You can order tests without a provider's order.
- The results will be mailed to you.
- If you see an abnormality or are concerned about the test results, you are encouraged to share them with your primary care provider.
- Payment is required at the time of service. We accept payment by cash, check or credit card. Your insurance will not be billed.

MyHealth Lab Screening

- Provides easy access to help you monitor and manage existing health conditions.
- Helps you establish your baseline for future comparison and provide an overview of your current health.
- Helps you monitor health risks based on your family history.
- Helps you check up on changes in your health and allows for early detection of disease.
- Provides information helpful in planning healthy lifestyle changes.

Payment by cash, check or credit card is required at the time of service. Insurance will not be billed. You must be 18 years of age or older to participate. MyHealth Lab Screening is not a substitute for regular medical care. It is important to connect regularly with your primary care provider.



MyHealth Lab Screening can be done at Clark Fork Valley Hospital or any of our Family Medicine Network office locations:

Clark Fork Valley Hospital
10 Kruger Road . PO Box 768 . Plains, MT 59859
Hospital Ph: 406.826.4800
Laboratory Ph: 406.826.4823

Thompson Falls Family Medicine
120 Pond Street . Thompson Falls, MT 59873
Ph: 406.827.4442

Plains Family Medicine
10 Kruger Road . Plains, MT 59859
Ph: 406.826.4810

Hot Springs Family Medicine
209 Main Street . Hot Springs, MT 59845
Ph: 406.741.3602



*Helping Patients Actively Monitor
Their Own Health*



Choose any number of screenings to fit your individual needs.

All MyHealth Lab Screening options are included in this pamphlet. Choose any number of screenings to fit your individual needs. If you want to do them all, refer to the Executive Panels for both men and women.

Remember, no appointment necessary. All you need to do is register at one of our admission desks located at CFVH or any of our Family Medicine Network offices.

Note: Some screenings require fasting for 10 - 12 hours prior to your blood draw. This means water only, no coffee or tea. Continue to take your medications as usual.

MyHealth Labs on MyChart

Have you already registered for MyChart, your online electronic health record?



If not, this is a great way to access your screening results quickly and conveniently. Learn more at www.cfvh.org.



Anemia and Infection Screening (CBC) \$20

Screens for cell abnormalities and evidence of medical conditions. Most commonly used to screen for infection, anemia and other blood disorders such as leukemia.

Cholesterol Screening (Lipid Panel) * \$20

Helps monitor risks of developing heart disease by measuring lipids and lipid-protein complexes, cholesterol HDL, LDL and triglycerides.

Comprehensive Metabolic Panel (CMP) * \$40

Gives an overall picture of your health, from indicating how organ systems are functioning to levels of vital minerals and proteins. This does not include a lipid panel.

Diabetes Screening (HgbA1C) \$20

Measures the average sugar level in your blood over a three-month period.

Prostate Specific Antigen Blood Test (PSA) \$25

Measures prostate specific antigen levels in a man's blood. Elevated levels can indicate prostate cancer.

Thyroid Function Screening (TSH) \$25

Screens for thyroid disorders.

Vitamin D Screening \$25

Vitamin D aids in the absorption of calcium, helping to form and maintain strong bones.

Executive Health Panel For Men * \$150

- Anemia and Infection Screening (CBC)
- Cholesterol Screening (Lipid Panel)
- Comprehensive Metabolic Panel (CMP)
- Diabetes Screening (HgbA1C)
- Thyroid Function Screening (TSH)
- Prostate Specific Antigen Blood Test (PSA)

Executive Health Panel For Men Plus Vitamin D * \$175

- Anemia and Infection Screening (CBC)
- Cholesterol Screening (Lipid Panel)
- Comprehensive Metabolic Panel (CMP)
- Diabetes Screening (HgbA1C)
- Thyroid Function Screening (TSH)
- Prostate Specific Antigen Blood Test (PSA)
- Vitamin D Screening

Executive Health Panel for Women * \$150

- Anemia and Infection Screening (CBC)
- Cholesterol Screening (Lipid Panel)
- Comprehensive Metabolic Panel (CMP)
- Diabetes Screening (HgbA1C)
- Thyroid Function Screening (TSH)
- Vitamin D Screening

* 10 - 12 hour fast required: water only, no coffee or tea. Take your medications as usual.