

Take control of your health.

SEE FORM
TO THE RIGHT

Mary Rutan Hospital is pleased to offer Direct Access Laboratory Testing.

This service allows you to take control of your health by allowing you to access and monitor your health status more frequently and conveniently. You can now order your own laboratory tests when you want them at an affordable price -- without a physician's order.

DIRECT ACCESS LABORATORY TESTING

TESTING AND PRICING:

Basic Metabolic Panel (BMP)	\$20
Blood Type and Rh (ABO/Rh)	\$20
Calcium	\$10
Cholesterol	\$10
Complete Blood Count (CBC)	\$15
Comprehensive Metabolic Panel (CMP)...	\$50
Electrolyte Panel	\$10
Free Thyroxine (Free T4)	\$30
HDL Cholesterol	\$12
Hemoglobin A1c	\$20
Glucose	\$10
Lipid Panel.....	\$20
Pregnancy	\$15
Prostate Screen (PSA)	\$35
Testosterone	\$35
Thyroid Stimulating Hormone (TSH)	\$30
Vitamin D.....	\$40
Men's Health Panel	\$110
<i>INCLUDES: Lipid Panel, Prostate Screen (PSA), Testosterone, Complete Cell Count (CBC), Basic Metabolic Panel (BMP)</i>	
Women's Health Panel.....	\$110
<i>INCLUDES: Lipid Panel, Vitamin D, Thyroid Stimulating Hormone (TSH), Complete Cell Count (CBC), Basic Metabolic Panel (BMP)</i>	

Four locations:

Mary Rutan Hospital Laboratory

205 Palmer Road
Bellefontaine, OH
937-599-7010

Mary Rutan Hospital Laboratory

Mary Rutan Health Center
1134 N. Main Street
Bellefontaine, OH
937-651-3281

Mary Rutan Hospital Laboratory

Aries Wellness Center
8200 St. Rt. 366
Russells Point, OH
937-843-9441

Mary Rutan Hospital Urbana Clinic

1880 E. US Hwy. 36
Urbana, OH
937-887-0164



Mary Rutan Hospital
LABORATORY

For more information visit us at
www.maryrutan.org/services-lab.aspx



Mary Rutan Hospital
LABORATORY

DIRECT ACCESS LABORATORY TESTING

Take control of your health.

Laboratory tests play a critical role in measuring and monitoring individual health and wellness. Lab test results identify or confirm the diagnosis of approximately 70% of all illnesses. Enabling consumers to directly purchase lab tests can establish a health baseline, increase the effectiveness of wellness programs, and make the interactions with trusted health providers more efficient.

Each test is paid for at the time of service, as insurance will not be billed and you will receive your results directly rather than through a provider. This reduces administrative costs and aids in providing a lower price option. These tests are collected at any one of Mary Rutan Hospital's three laboratory locations and are designed to evaluate your current health status via a simple blood draw.

Laboratory results are accompanied by reference ranges but are not intended to take the place of further medical advice. In the event one of the blood tests you've selected through Direct Access Laboratory Testing indicates a critical value -- a reading (level) that could immediately impact your health status -- you will be contacted via a phone call from Mary Rutan Hospital Laboratory Services. You will then be responsible for contacting your physician or medical provider for follow-up care. If you are in need of a primary care physician please call Mary Rutan Hospital Internal Medicine at (937) 599-3115.

Mary Rutan Hospital is pleased to offer Direct Access Laboratory Testing. This service allows you to take control of your health by allowing you to access and monitor your health status more frequently and conveniently. You can now order your own laboratory tests when you want them at an affordable price -- without a physician's order.

Name _____ Date of Birth: _____

Address _____ SEX: M ___ F ___

City _____ State _____ Zip _____

Phone: _____ Family Physician _____

I am eighteen years of age or older (or I am the parent or legal guardian of the above-named patient) and I hereby consent to the testing I have requested below, which includes the drawing of blood for such purpose. I understand that this testing cannot take the place of medical advice, diagnosis or treatment from a physician, and it is important for me to consult my physician regarding these test results and my medical care in general. On behalf of myself, my heirs, executors and assigns, I hereby release and forever hold harmless Mary Rutan Hospital, and its employees, agents and volunteers, from any and all liability resulting from the tests I have ordered and/or any actions taken, or any failure to act, following receipt of the test results. I have read, understand and agree with all of the information set forth on the front and back of this form.

Signature _____ Date _____

DIRECT ACCESS LABORATORY TESTING AND PRICING:

Check the test(s) you want and take this form to one of our 5 locations, no appointment necessary.

- | | |
|--|--|
| <input type="checkbox"/> Basic Metabolic Panel (BMP) \$20 | <input type="checkbox"/> Pregnancy \$15 |
| <input type="checkbox"/> Blood Type and Rh (ABO/Rh) \$20 | <input type="checkbox"/> Prostate Screen (PSA) \$35 |
| <input type="checkbox"/> Calcium \$10 | <input type="checkbox"/> Testosterone \$35 |
| <input type="checkbox"/> Cholesterol..... \$10 | <input type="checkbox"/> Thyroid Stimulating Hormone (TSH) ... \$30 |
| <input type="checkbox"/> Complete Blood Count (CBC)..... \$15 | <input type="checkbox"/> Vitamin D..... \$40 |
| <input type="checkbox"/> Comp. Metabolic Panel (CMP)..... \$50 | <input type="checkbox"/> Men's Health Panel \$110 |
| <input type="checkbox"/> Electrolyte Panel \$10 | <small>INCLUDES: Lipid Panel, Prostate Screen (PSA), Testosterone, Complete Cell Count (CBC), Basic Metabolic Panel (BMP)</small> |
| <input type="checkbox"/> Free Thyroxine (FREE T4) \$30 | <input type="checkbox"/> Women's Health Panel \$110 |
| <input type="checkbox"/> HDL Cholesterol \$12 | <small>INCLUDES: Lipid Panel, Vitamin D, Thyroid Stimulating Hormone (TSH), Complete Cell Count (CBC), Basic Metabolic Panel (BMP)</small> |
| <input type="checkbox"/> Hemoglobin A1c \$20 | |
| <input type="checkbox"/> Glucose \$10 | |
| <input type="checkbox"/> Lipid Panel \$20 | |

*See reverse side for complete details on the above listed tests.

Visit a Mary Rutan Hospital Laboratory at one of our four convenient locations:

**Mary Rutan Hospital
Laboratory**
205 E. Palmer Road,
Bellefontaine
937-599-7010

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Mary Rutan Health Center
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DIRECT ACCESS LABORATORY TESTING TEST DESCRIPTIONS



Mary Rutan Hospital
LABORATORY

BMP (BASIC METABOLIC PANEL)

The basic metabolic panel (BMP) is used to check the status of a person's kidneys and their electrolyte and acid/base balance, as well as their blood glucose level. It can also be used to monitor people with certain known conditions, such as hypertension and hypokalemia.

BLOOD TYPE AND RH:

Blood typing is used to determine an individual's blood group, to establish whether a person is blood group A, B, AB, or O and whether he or she is Rh positive or Rh negative.

CALCIUM:

A blood calcium test is ordered to screen for, diagnose, and monitor a range of conditions relating to the bones, heart, nerves, kidneys, and teeth. The test may also be ordered if a person has symptoms of a parathyroid disorder, malabsorption, or an overactive thyroid.

CHOLESTEROL:

Cholesterol is different from most tests in that it is not used to diagnose or monitor a disease but is used instead to estimate risk of developing a disease — specifically heart disease. Because high blood cholesterol has been associated with hardening of the arteries (atherosclerosis), heart disease, and a raised risk of death from heart attacks, cholesterol testing is considered a routine part of preventive health care.

COMPLETE BLOOD COUNT (CBC):

The complete blood count (CBC) is often used as a broad screening test to determine an individual's general health status. It can be used to:

- Screen for a wide range of conditions and diseases
- Help diagnose various conditions, such as anemia, infection, inflammation, bleeding disorder or leukemia, to name just a few

COMP. METABOLIC PANEL (CMP):

The Comprehensive Metabolic Panel (CMP) is used to check the status of a person's kidney and liver functions, electrolytes, acid/base balance and blood glucose.

ELECTROLYTE PANEL:

The electrolyte panel is frequently ordered as part of a routine physical, either by itself or as components of a basic metabolic panel or comprehensive metabolic panel. It is used to identify an electrolyte or acid-base imbalance and to monitor the effect of treatment on a known imbalance that is affecting bodily organ function. Since electrolyte and

acid-base imbalances can be present with a wide variety of acute and chronic illnesses, the electrolyte panel is frequently ordered for hospitalized patients and those who come to the emergency room.

FREE THYROXINE (FREE T4):

Free Thyroxine (FREE T4) is used to help evaluate thyroid function and diagnose thyroid conditions such as hyperthyroidism and hypothyroidism.

HDL CHOLESTEROL:

The test for high-density lipoprotein cholesterol (HDL-C) is used along with other lipid tests to screen for unhealthy levels of lipids and to determine the risk of developing heart disease.

HDL-C may also be monitored on a regular basis if previous test results have shown an increased risk for heart disease, if an individual has had a heart attack, or if someone is undergoing treatment for high cholesterol.

HEMOGLOBIN A1c:

Is used to monitor a person's diabetes, aid in treatment decisions, to diagnose diabetes and to help identify those at an increased risk of developing diabetes.

GLUCOSE:

Is used to determine if your blood glucose level is within a healthy range; to screen for and diagnose diabetes and prediabetes and to monitor for high blood glucose (hyperglycemia) or low blood glucose (hypoglycemia)

LIPID PANEL:

The lipid profile is used as part of a cardiac risk assessment to help determine an individual's risk of heart disease and to help make decisions about what treatment may be best if there is borderline or high risk. The results of the lipid profile are considered along with other known risk factors of heart disease to develop a plan of treatment and follow-up. Depending on the results and other risk factors, treatment options may involve lifestyle changes such as diet and exercise or lipid-lowering medications such as statins.

PREGNANCY:

Qualitative hCG testing detects the presence of hCG and is routinely used to screen for a pregnancy.

PROSTATE SCREEN (PSA):

If prostate cancer is diagnosed, the total PSA test may be used as a monitoring tool to help determine the effectiveness

of treatment. It may also be ordered at regular intervals after treatment to detect recurrence of the cancer.

The total PSA test and digital rectal exam (DRE) may be used to screen both asymptomatic and symptomatic men for prostate cancer. Currently there is no consensus about using the PSA test to screen for prostate cancer in asymptomatic men.

TESTOSTERONE:

Testosterone testing is used to diagnose several conditions in men, women, girls, and boys. Examples of some of these conditions include:

- Delayed or precocious (early) puberty in boys
- Decreased sex drive in men and women
- Erectile dysfunction in men
- Infertility in men and women
- Testicular tumors in men
- Hypothalamus or pituitary disorders
- Hirsutism and virilization in girls

THYROID STIMULATING HORMONE (TSH):

The thyroid-stimulating hormone (TSH) test is often the test of choice for evaluating thyroid function and/or symptoms of a thyroid disorder, including hyperthyroidism or hypothyroidism

25-HYDROXYVITAMIN D:

A vitamin D test is used to:

- Determine if bone weakness, bone malformation, or abnormal metabolism of calcium (reflected by abnormal calcium, phosphorus, PTH) is occurring as a result of a deficiency or excess of vitamin D
- Help diagnose or monitor problems with parathyroid gland functioning since PTH is essential for vitamin D activation
- Screen people who are at high risk of deficiency, as recommended by the National Osteoporosis Foundation, the Institute of Medicine, and the Endocrine Society
- Help monitor the health status of individuals with diseases that interfere with fat absorption, such as cystic fibrosis and Crohn disease, since vitamin D is a fat-soluble vitamin and is absorbed from the intestine like a fat
- Monitor people who have had gastric bypass surgery and may not be able to absorb enough vitamin D
- Help determine the effectiveness of treatment when vitamin D, calcium, phosphorus, and/or magnesium supplementation is prescribed.