

Wellness laboratory testing helps you manage your health.

No physician's order is required. Tests are offered during business hours Monday-Friday at all MCRHC clinic locations. The MCRHC lab in Osage is open Monday-Friday from 7 a.m. to 5 p.m. and on Saturday until noon. If visiting St. Ansgar or Riceville clinics, please call first to make an appointment.

Anyone under 18 years of age must be accompanied by a parent or legal guardian. The customer or legal guardian must take responsibility for the follow up of abnormal results.

Payment in cash or check must be received at the time of service; insurance will not be billed.

The results will be sent directly to you within one week of collecting the specimen.

You are encouraged to share these results with your provider. Contact Mitchell County Regional Health Center's Laboratory if you have any questions at 641-732-6051.

Wellness Laboratory Testing is not a substitute for regular medical care.



An Affiliate of **MERCYONE**SM

Monitor Your Health Wellness Laboratory Testing

Blood Type
Glucose
Cholesterol
Thyroid
Creatinine
Calcium
Vitamin D
and MORE!

Mitchell County Regional Health Center (MCRHC) clinic locations include Osage, St. Ansgar, and Riceville. You do not need to be a resident of Mitchell County to receive services at MCRHC.

If visiting St. Ansgar or Riceville clinics, please call first to make an appointment. The lab in Osage has walk-in service.

Osage: 641-732-6100

St. Ansgar: 641-736-4401

Riceville: 641-985-2122

www.mcrhc.com



An Affiliate of **MERCYONE**SM

Chemistry Basic Wellness*	\$20	PSA	\$30	Anemia Wellness Options	
Glucose (Diabetes)		Checks for Prostate Cancer. Wait three months after biopsy or manipulation.		Vitamin B12	\$25
BUN (Kidney)				Folate	\$25
Creatinine (Kidney)				• Vitamin deficiency/malabsorption	
Calcium (Osteoporosis)		Vitamin D (Osteoporosis)	\$65	Iron and Iron Binding	\$30
Sodium (Electrolyte)		Promotes the strengthening of bones.		• Iron deficiency	
Potassium (Electrolyte)		Vitamin D deficiency may lead to a variety of disorders, such as osteoporosis.		Ferritin	\$30
Chloride (Electrolyte)				• Iron Storage	
Carbon Dioxide (Electrolyte)				Cardiac Wellness Options	
Chemistry Comprehensive Wellness*	\$25	Hematology	\$15	Cholesterol*	\$10
Includes a Basic Metabolic Plus		• Checks for anemia and infections		• Checks total cholesterol	
• Albumin - Checks for nutritional health		• White Blood Count, Red Blood Count and Indices, Hemoglobin, Hematocrit, Platelet Count		High Sensitivity CRP	\$25
• ALT - Checks for liver health				• Checks for possible cardiac injury	
• AST - Checks for liver health		Blood Type	\$25	Any recent illness, tissue injury, infection, arthritis or general inflammation will increase the amount of CRP. Wait 2 weeks for testing after the resolution of any acute disease to avoid falsely elevated results.	
• Alkaline Phosphatase - Checks for bone health		• ABO Type and RH Type			
• Total Bilirubin - Checks for liver health		Celiac Disease Panel	\$80		
• Total Protein - Checks for nutritional health		• Total IgA - Checks immunity			
<i>Tests above are available individually for \$10 each.</i>		• Total Transglutimase - Checks gluten			
Lipid Wellness*	\$25	Testosterone, Total and Free	\$50		
• Cholesterol, Triglyceride, HDL		• Checks hormone level		Diabetes Wellness Options	
• Cholesterol, LDL Cholesterol (calculated)		TSH	\$20	Glucose Wellness*	\$10
• Cholesterol/HDL Ratio (calculated)		Thyroid health		• Checks for diabetes	
Glucose*	\$10	Free T4	\$20	Hemoglobin A1C Wellness	\$15
		Thyroid health		• Monitors diabetes	
Uric Acid (Gout)	\$10	Fecal Occult Blood (MCRHC clinic only)	\$35	Urine Microalbumin Wellness	\$25
		Screens for colorectal cancer, polyps, or lower gastrointestinal bleeding.		• Monitors kidneys	

* Individual should be fasting. No solid or liquid food for 12 hours and no alcohol 24 hours prior to specimen collection. Water should be taken in normal amounts. Continue your medications as directed by your provider.

