

Wellness laboratory testing helps you manage your health.

A physician's order is not required but if you are interested in wellness testing as part of your provider visit, let your provider know at your appointment.

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 Saturdays until noon. Call first for 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 health care 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, Iowa to receive services at MCRHC.

Please call first to make an appointment.

Osage: 641-732-6100

St. Ansgar: 641-736-4401

Riceville: 641-985-2122

www.mcrhc.com



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Chemistry Basic Wellness*	\$20
Glucose (Diabetes)	
BUN (Kidney)	
Creatinine (Kidney)	
Calcium (Osteoporosis)	
Sodium (Electrolyte)	
Potassium (Electrolyte)	
Chloride (Electrolyte)	
Carbon Dioxide (Electrolyte)	

Chemistry Comprehensive Wellness*	\$25
Includes a Basic Metabolic Plus	
<ul style="list-style-type: none"> • Albumin - Checks for nutritional health • ALT - Checks for liver health • AST - Checks for liver health • Alkaline Phosphatase - Checks for bone health • Total Bilirubin - Checks for liver health • Total Protein - Checks for nutritional health 	

Tests above are available individually for \$10 each.

Lipid Wellness*	\$25
<ul style="list-style-type: none"> • Cholesterol, Triglyceride, HDL • Cholesterol, LDL Cholesterol (calculated) • Cholesterol/HDL Ratio (calculated) 	

Glucose*	\$10
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Uric Acid (Gout)	\$10
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* 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.

PSA	\$30
Checks for Prostate Cancer. Wait three months after biopsy or manipulation.	

Vitamin D (Osteoporosis)	\$65
Promotes the strengthening of bones. Vitamin D deficiency may lead to a variety of disorders, such as osteoporosis.	

Hematology	\$15
<ul style="list-style-type: none"> • Checks for anemia and infections • White Blood Count, Red Blood Count and Indices, Hemoglobin, Hematocrit, Platelet Count 	

Blood Type	\$20
<ul style="list-style-type: none"> • ABO Type and RH Type 	

Celiac Disease Panel	\$80
<ul style="list-style-type: none"> • Total IgA - Checks immunity • Total Transglutimase - Checks gluten 	

Testosterone, Total and Free	\$50
<ul style="list-style-type: none"> • Checks hormone level 	

TSH	\$20
Thyroid health	

Free T4	\$20
Thyroid health	

Fecal Occult Blood (MCRHC clinic only)	\$35
Screens for colorectal cancer, polyps, or lower gastrointestinal bleeding.	

Anemia Wellness Options

Vitamin B12	\$25
Folate	\$25
<ul style="list-style-type: none"> • Vitamin deficiency/malabsorption 	
Iron and Iron Binding	\$30
<ul style="list-style-type: none"> • Iron deficiency 	
Ferritin	\$30
<ul style="list-style-type: none"> • Iron Storage 	

Cardiac Wellness Options

Cholesterol*	\$10
<ul style="list-style-type: none"> • Checks total cholesterol 	
High Sensitivity CRP	\$25
<ul style="list-style-type: none"> • Checks for possible cardiac injury <p>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.</p>	

Diabetes Wellness Options

Glucose Wellness*	\$10
<ul style="list-style-type: none"> • Checks for diabetes 	
Hemoglobin A1C Wellness	\$15
<ul style="list-style-type: none"> • Monitors diabetes 	
Urine Microalbumin Wellness	\$25
<ul style="list-style-type: none"> • Monitors kidneys 	

