

# Saturdays at JCH&L

## HealthyLife Testing

**Saturdays, 8-10 a.m.**

**Call for available dates and times!**

**APPOINTMENTS ONLY. NO WALK INS.**

Choose from the tests offered  
Tests made available at patient  
request at a reduced price.  
No physician order is required.

*This service can help if you:*

- Wish to have more frequent testing than your health insurance plan will cover.
- Want to assess and manage your health status on a regular basis.
- Are uninsured or have a high deductible and want to take advantage of lower out-of-pocket expenses.

*For appointment call 402-587-5193  
and leave a message on our  
HealthyLife voice mail. We will call  
you back on the next weekday  
between 8 a.m. and 4 p.m.*

*Appointment required 24 hours  
before testing*

*\*Must pay with cash (correct  
change) or check at the time of  
testing.*

*To use a credit or debit card, please  
pay when you make the  
appointment.*

*(Insurance will not be billed.)*

### INDIVIDUAL TESTS AVAILABLE:

#### Routine Labs:

CBC \$25; CMP\* \$25; Lipid\* \$25;  
TSH\*\* \$25

#### Additional Labs:

A1C \$25; Alb/Cr, Urine \$25;  
PSA(male) \$25; Free T4 \$25;  
Uric Acid \$25; Urinalysis \$10

#### Hormone Levels:

DHEAS \$25; Estradiol \$50;  
FSH \$25; LH \$25; Prolactin \$25  
Progesterone \$25;

Serum hCG(female) \$25;  
Testosterone Free \$25;  
Testosterone Total \$25

#### Vitamins & Minerals:

B12\*\* \$25; Folic Acid\*\* \$25;  
Ferritin \$25; Iron and IBC \$25;  
Magnesium \$25; Vitamin D \$25;

#### Titers/Immunity:

Hepatitis B Surface Ab \$25;  
Measles \$25;  
Mumps \$25; Rubella \$25;  
Varicella \$25;  
TB Interferon \$100

\* 8-12 hours of fasting is  
recommended

\*\* Biotin supplements >15mg per  
day may interfere with testing.  
Please hold supplements for  
48-72 hours prior to collection.