

Twofer Health Screenings

This is a 2 Saturday Event. **For only \$40**, get your blood screened twice, your body scanned twice, up to two consultations with Doctor Paul J. Washburn, MD, MPH from The Health Medical Institute (HMI) and discounts on products.

1. Baseline Blood Draw & Body Scan - Saturday Jan. 5th, 2019 from 7am - 10am Nutrition Company - 1616 Pershing Blvd., Cheyenne, WY

**BUY 1
GET 1**

- a. Buy a 33 level Blood Chemistry Panel for \$40.00 and get a voucher for a free Chemistry Panel at our Feb 9th event to compare your results.
- b. You will also receive a **FREE InBody scan** and **20% OFF** any purchase at Nutrition Company during both events.



2. Blood Results and Consultation

- a. After you receive your blood results in 5 to 7 working days, get a FREE consultation with Doctor Paul J. Washburn, MD, MPH from The Health Medical Institute (HMI). **Simply call (307) 514-0510 to set up your appointment.**
- b. Using recommendations from Dr. Washburn, work on lowering your risk areas for one month to improve your screening results.



3. Second Blood Draw & Body Scan - Saturday February 9th, 2019 from 7am - 10am Nutrition Company - 1616 Pershing Blvd., Cheyenne, WY

- a. Receive your second 33 level Blood Chemistry Panel free with voucher and InBody scan to see the results of the changes you made.
- b. Compare your results, make adjustments on your progress and continue working towards your goals.

4. Blood Results and Follow-Up Consultation

- a. After you receive your blood results from the second screening, you can get a follow-up consultation with Doctor Paul J. Washburn, MD, MPH from The Health Medical Institute (HMI). **Simply call (307) 514-0510 to set up your appointment.**

Join us for the next Twofer Health Screening event and keep up the good work!



Casper - 115 S. Elm Street
Cheyenne - 611 E. Carlson, Suite 112
Laramie - 2835 Grand Avenue
Torrington - 2001 Main Street
Scottsbluff - 3321 Avenue i, Suite D



NUTRITION COMPANY



Twofer Health Screenings

Screening Dates and Times

Buy a 33 level Blood Chemistry panel on:

Saturday January 5th, 2019

7:00am - 10:00am

1616 E. Pershing Blvd., Cheyenne, WY

Get a **FREE 33 level Blood Chemistry panel on:**

Saturday February 9th, 2019

7:00am - 10:00am

1616 E. Pershing Blvd., Cheyenne, WY

Details on back.

WHF recommends 12 hours fasting prior to blood draw, unless Diabetic.
 Drink plenty of water and take medications as usual.



Toll Free: 800.979.3711 • Fax: 307.268.8332 • www.WHF.to

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mail@whf.to

SCREENINGS SUGGESTED YEARLY

- \$40 Blood Chemistry Panel** Ⓢ *Full 33 level screening!* CPT - 80048
Includes heart, kidney and liver functions, with lipid panel, **total cholesterol**, HDL (good), LDL (bad) and triglycerides. Also electrolyte levels, protein, iron, **fasting glucose**, and TSH (Thyroid Stimulating Hormone) uric acid and Carbon Dioxide. *Recommended 12 hour fasting, unless diabetic.*
- \$22 Hemogram (CBC) with Differential** CPT - 85025
A complete blood count of red and white blood cells, platelet levels, hemoglobin and hematocrit. Checks for anemia, infections and other blood disorders. Shows size of red blood cells and hemoglobin concentration.
- \$32 PSA Screening for Men** + CPT - 84153
The PSA (prostate specific antigen) screening is one tool used to screen for prostate abnormalities. Recommended for men at age 50. However, if there is a family history of prostate cancer, it is recommended at age 40.

VITAMIN & HORMONE SCREENINGS

- \$42 Vitamin D, 25 Hydroxy** CPT - 82306
Provides an assessment of overall Vitamin D status for the screening of deficiency or toxicity. Measures both D2 and D3 together to report a total 25-hydroxy Vitamin D. Vitamin D is important for mineral absorption, the immune system, strong bones and overall health.
- \$27 Vitamin B12** Ⓢ CPT - 82607
Detects B12 deficient or elevated levels. B12 aids in the health of cells and nerves. *Recommended 12 hour fasting, unless diabetic.*
- \$42 Men's Testosterone, Total** + CPT - 84403
Screening used to evaluate testosterone hormone levels.
- \$52 Women's Testosterone, Total, Women and Hypogonadal Males** + CPT - 84403
NEW Provides the sensitivity and specificity required for the assessment of the low testosterone levels found in women and hypogonadal men.

THYROID SCREENINGS

These thyroid screenings are in addition to the **Thyroid Stimulating Hormone (TSH)** that is included in our **Blood Chemistry Panel**.

- \$27 Thyroid Panel 1** + CPT - 84436; 84479
Includes the **T3 Uptake**, **Total T4** (Thyroxine), and calculates a free Thyroxine index.
- \$52 Thyroid Panel 2** + CPT - 84481, 84439
NEW This test delivers an enhanced thyroid profile because it screens for the level of **Free T4** and **Free T3** hormones in the bloodstream. This is an important distinction, since the level of **Free T4** hormone illustrates how much is immediately available for use by cells, and measure of **Free T3** hormone in the body is considered a more accurate view of hormonal balance than a Total T3 reading.
- \$77 T3, Reverse** + CPT - 84482
The **Reverse T3 (RT3)** test measures the inactive form of the hormone. Reverse T3 is not regularly checked as often as other thyroid hormones but may be tested when someone is experiencing symptoms of low thyroid production but shows normal results from other thyroid tests.
- \$42 Thyroid Antibodies** + CPT - 86376; 86800
Checks for antibodies that can injure the thyroid, affecting thyroid function. Includes thyroid peroxidase (TPO) and thyroglobulin antibody.

Blood pressure and body fat analysis/BMI screenings will be available at no charge!

ADDITIONAL SCREENINGS

- \$77 Rheumatoid Arthritis (RA) Expanded Panel** + CPT - 85652; 86140; 86200; 86431
NEW These tests can help identify rheumatoid arthritis and arthritis associated with autoimmune disorders. **Test includes:** C-Reactive protein (CRP) Quantitative test; cyclic citrullinated peptide antibodies; rheumatoid arthritis factor.
- Also Includes a **Antinuclear Antibodies (ANA) Screening**. An autoimmune disorder screening, ANA is a type of auto-antibody that attacks proteins inside your cells.
- \$52 Hepatitis C Antibody** + CPT - 86803
This test checks for antibodies to Hep. C indicating a previous infection. The CDC recommends this test once for adults with no risks born between 1945 and 1965. Also for those who have injected drugs or were recipients of transfusions or organ transplants prior to 1992.
- \$27 Blood Type - ABO RH** CPT - 86900; 826901
Determination of ABO blood group type and Rh factor.
- \$27 C-Reactive Protein (CRP) - High Sensitivity CRP** + CPT - 86141
An elevated CRP is a marker of inflammation and can help to evaluate risk of cardiovascular disease, inflammatory disorders or infections.
- \$27 Hemoglobin A1C** + CPT - 83036
A screening that reflects average blood sugar levels for the past two to three months. Recommended for diabetics or those with a family history of high blood sugar. (Immediate fasting blood sugar glucose level is included in the Chemistry Profile.)
- \$27 Ferritin** + CPT - 82728
Indicates levels of iron protein stored in the body. Appropriate if iron levels are out of range in the Chemistry Panel.
- \$52 Celiac Screening** CPT - 83516
Screening of antibodies to aid in the diagnosis of gluten-sensitivity. You must be on a gluten-containing diet for antibody (blood) testing to be accurate.

PRODUCTS & VACCINES

- \$25 Wellness Portal w/ Health Assessment (HA)**
A one year subscription to the WHF Wellness Portal Online which includes a comprehensive Health Assessment. Take control of your wellness program with features like exercise trackers, meal planners and workshops



DRINK PLENTY OF WATER AND TAKE MEDICATIONS AS USUAL.

+ WHF highly recommends consultation with a physician prior to and following these tests. All WHF tests are non-diagnostic and intended for wellness purposes only.

Ⓢ WHF recommends 12 hours fasting prior to blood draw, unless you are Diabetic.

We offer Corporate Wellness Programs that can include nicotine and lead screenings. Please contact us for further information.

All prices in this flier apply to this event only, are subject to change without notice, and may vary based on location.