

# We give answers.



## Saunders Medical Center's *Be Well* PROGRAM

This program is designed to help those who either have no insurance or have a high deductible health insurance plan obtain important medical tests at a value. Under our **VALUE LAB** plan, all test results are confidential and are mailed directly to you, the patient, and not sent to an insurer or healthcare provider. This puts **you** in charge of who gets the information.

### IMPORTANT INFORMATION

*In order to receive the Value Lab pricing, payment must be made by cash or credit card at the time of service. You don't need a doctor's order to get the tests, and the tests are not covered by commercial insurance or Medicare.*

## Blood Tests

*All blood tests are subject to a \$5 collection fee.*

**\$20**

### Complete Blood Count (CBC)

A broad screening test to check for such disorders as anemia, infection, and many other diseases.

**\$30**

### Complete Metabolic Panel (CMP)

Panel that checks glucose, sodium, potassium (electrolytes), liver function (AST, ALT, ALK Phosphatase) and kidney function (BUN and Creatinine).

**\$20**

### Glucose — Fasting\*

**\$15**

### Alanine Aminotransferase (ALT)

Liver Test

**\$25**

### Lipid Panel — Fasting\*

Panel that includes cholesterol, triglycerides, "good" cholesterol (HDL) and "bad" cholesterol (LDL).

**\$25**

### Hemoglobin A1C Diabetes Test

**\$25**

### Thyroid Stimulating Hormone (TSH)

Test to measure thyroid function.

**\$50**

### Prostate Specific Antigen (PSA)

Test primarily used to screen for cancer.

**\$95**

### General Health Panel (CBC, Lipid, CMP, TSH)

## Urine Test

**\$45**

**Microalbumin** Urine test used to screen for possible kidney disorder or for early kidney damage associated with hypertension or diabetes.

## Fasting Requirements

For those tests that require fasting, patients should have had nothing to eat or drink, except for water, for 12-14 hours. Medications may be taken, unless they are required to be taken with food. No alcohol for 24 hours prior to testing.



## Testing Hours

Our testing hours are from 10 a.m. to 3 p.m. every Friday. You must be 19 years of age or older.

If you have any questions, please don't hesitate to call us—



## Make Your Appointment

Call the SMC Lab today!

**402 443-1474**

# Frequently Asked Questions

## Q: Are the results confidential?

A: Yes. We respect your privacy and maintain confidentiality. You are the only one who receives the test results.

## Q: Will I be able to understand the results?

A: Yes. All test results include the normal reference ranges, and abnormalities are indicated. We recommend you see your healthcare provider to discuss results outside the normal ranges.

## Q: Will my doctor receive a copy of the results?

A: No, you will receive the only copy. Since we deal directly with you, no one else will receive copies from our facility. We recommend you take the results with you when you visit your healthcare provider. We will not keep a copy of your results.

## Q: What if I received an abnormal result?

A: Laboratory test results may vary depending on age, sex, time of day sample is taken, diet, medications, and the limits of modern technology. A single test or group of results cannot guarantee good health, just as an abnormal result does not necessarily indicate disease. We strongly recommend you discuss the results with your healthcare provider.

## Q: Who can I contact if I have questions about the results?

A: You should contact your doctor for questions concerning the test results. If you do not have a physician, you can contact Saunders Medical Center at 402.443.4191 for an appointment with one of our providers.

## Q: Does Medicare cover this?

A: No.

## Q: Do you accept insurance for the Value Labs?

A: No, laboratory testing performed under the Value Lab program is not covered by commercial insurance.

## Q: Why do I have to pay in advance for my lab tests?

A: Paying in advance reduces administrative expenses and keeps our lab prices low so we can offer this program to you at a value.



CLINIC | HOSPITAL | THERAPY | LONG TERM CARE | SURGERY

1760 County Road J Wahoo, NE 68066  
402 443-4191

**Direct Lab Line 402 443-1474**

VALUE LAB

Saunders Medical Center's

*Be Well* PROGRAM



Providing the highest level in health care  
with the primary goal of returning you  
to the lifestyle you depend on,  
the lifestyle you deserve,  
as quickly and safely as possible.



*Be Well.*

Saunders Medical Center's patients receive medical care without regard to race, color, national origin, gender, religion, disability or age.