

## **ANNUAL CHECK-UP PANEL**

### **WHO SHOULD GET THIS TEST?**

This panel is useful for anybody who wants to evaluate their overall health.

### **WHY IS THIS TEST IMPORTANT?**

Regular physical exams with your healthcare provider are essential to maintaining your health. Routine lab testing can help you establish a baseline, and help detect potential illnesses in the early stage.

The Annual Check-Up Panel includes 5 tests:

1. Complete Blood Count (CBC)- can detect anemia, infection, bleeding disorders, and more
2. Comprehensive Metabolic Panel (CMP)- measures your blood glucose and provides valuable information about your kidney function, liver function, and electrolytes
3. Lipid Panel- measures your LDL cholesterol, HDL cholesterol, and triglycerides
4. Hemoglobin A1c (HbA1c)- measures your average blood glucose levels over the past 2-3 months
5. TSH- Thyroid Stimulating Hormone (TSH) is produced by the pituitary gland. TSH stimulates the production of thyroid hormones (T3 and T4), which are important for maintaining essential processes in the body.

## **OTHER RELEVANT TESTS**

If you're interested in this panel, you may also want to consider:

- Comprehensive Female Panel
- Comprehensive Male Panel
- Heart Health Panel
- Weight Management Hormone Panel

**Website test descriptions and all associated information are provided through Any Lab Test Now and the Product Management Team, in conjunction with the Medical Professionals Committee, and Ekan Essien, MD, Corporate Medical Director.**