

ANNUAL CHECK-UP PANEL WITH URINALYSIS

DESCRIPTION

Routine lab testing is a great way to monitor your health. It is also a good way to establish a starting point for yourself. By knowing your initial levels, you can begin to monitor these values to see how they change over time.

If you are ready to take control of your health but you are not sure where to start, the **Annual Check-Up Panel with Urinalysis** can provide valuable information. The panel consists of 6 tests that are typically ordered by a healthcare provider during an annual physical examination. Blood tests provide information about your blood counts, kidney function, liver function, electrolytes, cholesterol, triglycerides, hemoglobin A1c, and thyroid function. A urinalysis adds an additional layer of information about your urinary tract health. It's also an effective way to screen for conditions like diabetes.

Test Details:

This panel includes the following tests:

- Complete Blood Count (CBC)
- Comprehensive Metabolic Panel (CMP)
- Lipid Panel
- Hemoglobin A1c (HbA1c)
- Thyroid Stimulating Hormone (TSH)
- Urinalysis

WHO SHOULD GET THIS TEST?

The **Annual Check-Up Panel with Urinalysis** is useful for any consumer interested in monitoring the essentials of their overall health and wellness.

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 their early stages.

The **Annual Check-Up Panel with Urinalysis** includes 6 tests:

1. Complete Blood Count (CBC): May 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: Measures your average blood glucose levels over the past 2-3 months.
5. Thyroid Stimulating Hormone (TSH): TSH is produced by the pituitary gland. TSH stimulates production of thyroid hormones (T3 and T4), which are important for maintaining essential processes in the body.
6. Urinalysis: Evaluates the color, appearance, specific gravity, and pH of your urine. Also tests for the presence of bilirubin, ketones, blood, protein, nitrite, and leukocyte esterase.

AM I REQUIRED TO FAST?

Yes. You are required to fast for at least 8 hours prior to this test. Fasting means no food or drinks other than water.

WHAT DO I NEED TO DO TO PREPARE?

No additional preparation is required before taking this test. However, drinking plenty of water prior to any blood draw procedure or urine collection is recommended.

WHAT KIND OF SAMPLE IS REQUIRED?

This test requires both a blood and a urine sample.

IS A DOCTOR'S ORDER REQUIRED?

No. We do accept physician's orders, or we can provide a doctor's order for this test at no additional cost.

DO I NEED TO MAKE AN APPOINTMENT?

No. You can walk in for same-day testing. We make it easy by offering work-friendly store hours.

HOW LONG WILL IT TAKE TO GET MY RESULTS?

Results are typically available within 1-3 business days after the lab receives your sample.

IF I HAVE QUESTIONS ABOUT MY RESULTS, WHO SHOULD I CONTACT?

We recommend that you share your results with your healthcare provider.

OTHER RELEVANT TESTS

If you are 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 the Any Lab Test Now Product Management Team, in conjunction with the Medical Professionals Committee and Dr. Ekan Essian, MD, Corporate Medical Director.