

This lab panel retails around \$690 : **Our Cost to you is \$269**

At the end of this lab panel is instructions on how to order these labs, results, consultation, etc...

**Comprehensive Metabolic Panel (CMP 14);**

Alanine Aminotransferase (ALT/SGPT);

Albumin;

Globulin;

(A:G) ratio;

Albumin, Serum;

Alkaline Phosphatase, Serum;

Aspartate Aminotransferase (AST/SGOT);

Bilirubin, Total;

BUN;

BUN: Creatinine ratio;

Glomerular Filtration Rate, Estimated (eGFR);

Calcium, Serum;

Carbon Dioxide, Total;

Chloride, Serum;

Creatinine, Serum;

Globulin, Total;

Glucose, Serum;

Potassium, Serum; Protein,

Total, Serum;

Sodium, Serum.

(more labs below)

**Lipid Panel with LDL/HDL Ratio:**

Cholesterol, Total ;

Triglycerides;

HDL Cholesterol;

VLDL Cholesterol Calculation;

LDL Cholesterol Calculation;

Total Cholesterol/HDL Ratio

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Iron,

Serum with Total Iron Binding Capacity (TIBC),

Percent Iron Saturation, Unsaturated Iron Binding Capacity (UIBC);

Ferritin; LDH;

GGT;

Magnesium,

Serum;

Phosphorus, Serum;

Uric Acid, Serum;

**Thyroid Panel with TSH;**

Total T4,

T-3 Uptake,

Free Thyroxin Index (FTI), and TSH.

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(More labs below)

Hemoglobin A1c; (diabetic screening)

C-Reactive Protein (CRP), High Sensitivity; (heart health)

Vitamin D, 25-Hydroxycalciferol;

**Complete Blood Count (CBC) with Differential and Platelet Count:**

Hematocrit, hemoglobin, mean corpuscular volume (MCV), mean corpuscular hemoglobin (MCH), mean corpuscular hemoglobin concentration (MCHC), red cell distribution width (RDW), percentage and absolute differential counts, platelet count; red cell count, and white blood cell count (WBC).

**Function:** Used to evaluate status and function of many systems

(more labs below)

### **Urinalysis, Routine**

Parameters include

Color, appearance,

specific gravity,

pH, protein,

glucose, ketones,

occult blood,

leukocyte esterase,

nitrite, bilirubin, and

urobilinogen.

Microscopic examinations performed on positive samples only (1)

**(Please see below for instructions)**

## Instructions on ordering a lab panel

1. You must obtain a requisition form from Dr. J. Alvarez
2. A consent to treat form and payment agreement form will need to be filled out.
3. Payment of \$269 must be received before the requisition form is emailed to you.  
(payment via over the phone is ok (this can save you a trip))
4. Reason: Lab Corp deducts the lab fees from our account, so payment must be made ahead of time to insure we can cover the cost. (If you do not have this requisition form, which will get you the discount, Lab Corp will likely charge you full price which is around \$690.)
5. Go to your local Lab Corp. (look for a facility nearest you online, they have many locations all over the US)
6. In the event, Lab Corp asks for payment for the labs as you are checking in or out, remind them that on the requisition form, it does show you did indeed pre-pay for the labs, and therefore you do not need to pay Lab Corp (they usually do not make this mistake, but sometimes it happens)
7. Once the results are sent to my office, I email the results to you with a comprehensive report of what is going on (if any) based on your results and where to go from here. There are 3 options:
  - a. Labs are within normal limits and we keep doing those protocols that are keeping these values normal
  - b. If any lab values are out of range (and not at red flag or dangerous levels) we will give you recommendations on how to get those values back into range.
  - c. If there is a "red flag" or the lab results are high or dangerously high, we will recommend a medical consultation and refer you out.
8. This method is NOT designed to use insurance
9. If you decide you want to use insurance
  - a. Then we require the full \$690 payment
  - b. A superbill will be issued to you
  - c. At that point you can bill your own insurance company (we will send you the itemized receipt to do so)
  - d. If you do not know how to submit a superbill to your insurance company...then call your insurance rep...they will guide you on how to do so (I recommend you as your rep for help on this method as it is tedious)

This is a very good and very comprehensive lab panel. Reviews a lot of systems in your body

Visit [www.elevation-sportsmed.com](http://www.elevation-sportsmed.com) for more information

Dr J. Alvarez

Text us at 303-521-0130

Email is at: [elevation.sportsmed@gmail.com](mailto:elevation.sportsmed@gmail.com)