

Behavioral Health Assessment / Follow-up

Vitals Check

DESCRIPTIONS

Female Physical Exam (AKA "Women's Wellness")

Full physical exam to include a breast and pelvic exam (vulva, vagina, cervix, uterus and ovaries)

Male Physical Exam (AKA "Men's Wellness")

Full physical exam to include a pelvic exam ()

For patients 50 years old or older, exams include vision and hearing testing.

Wellness Blood Panel

- Lipid Panel
- Comprehensive Metabolic Panel (CMP)
- Complete Blood Count (CBC) With Differential
- Thyroid Stimulating Hormone (TSH) w/ Free T4

T3 uptake (Triiodothyronin)

T4 (Thyroxine)

T7 (Free-T4 Index)

Urinalysis, Routine With Microscopic Examination on Positives

50+ YEARS:

Fecal occult blood

 $Fecal\,immun ochemical\,test\,(FIT)$

Stool DNA test (every 3 years)

Alanine Aminotransferase (ALT/SGPT)

Hemoglobin Alc

C-Reactive Protein (CRP), High Sensitivity (Cardiac Risk Assessment)

Dehydroepiandrosterone, Sulfate (DHEA,S)

Fibrinogen

Homocysteine

Vitamin B12

Vitamin D 25-Hydroxy

WOMEN:

 $Follicle\text{-stimulating Hormone} \, (FSH)$

Luteinizing Hormone (LH)

Estradiol

Total Estrogens

MEN

179/89

29

Glutamine

Serine

Testosterone - Free Direct & Total

Prostate-specific antigen (PSA) – Free & Total

SpectraCell's Micronutrient test includes:

Vitamin E

VITAMINS	FATTY ACIDS	CARBOHYDRATE METABOLISM
Vitamin A	Oleic Acid	Chromium
Vitamin B1		Fructose Sensitivity
Vitamin B2	MINERALS	Glucose-Insulin Metabolism
Vitamin B3	Calcium	
Vitamin B6	Magnesium	METABOLITES
Vitamin B12	Manganese	Choline
Biotin	Zinc	Inositol
Folate	Copper	Carnitine
Pantothenate		
Vitamin C	ANTIOXIDANTS	SPECTROX™
Vitamin D	Alpha Lipoic Acid	for Total Antioxidant Function
Vitamin K	Coenzyme Q10	
	Cysteine	IMMUNIDEX™
AMINO ACIDS	Glutathione	Immune Response Score
Asparagine	Selenium	