

DO YOU KNOW YOUR NUMBERS?

TAKE OWNERSHIP OF YOUR HEALTH

When you know numbers, you can take action to reduce your chances of developing heart disease, diabetes and other major chronic illnesses.

As a community service, all members of Avera Medical Group are now offering reduced-rate lab screenings year round at our facilities. Ask your health care provider how this can benefit your family.

TESTS AVAILABLE INCLUDE:

- **Complete Blood Count \$8**
Helps to determine general health status
- **Comprehensive Lab Profile* \$15**
Profile of kidneys and liver, as well as blood sugar and proteins
- **Lipid Panel Screen \$12**
Measures good and bad cholesterol and risk of heart disease
- **Hemoglobin A1c* \$16**
Determines average blood glucose over past 3 months
- **Thyroid Profile \$20**
Evaluates thyroid gland function and helps diagnose thyroid disorders.
- **Vitamin D Screen \$35**
Determine if bone weakness, bone malformation, or abnormal metabolism of calcium (reflected by abnormal calcium, phosphorus, PTH) is occurring as a result of a deficiency or excess of vitamin D.
- **PSA \$15**
Detects high levels of PSA that may indicate the presence of prostate cancer or enlarged prostate.

Walk-ins welcome, appointments preferred.

**12-hour fasting required. Drinking water is fine.*

All testing is self pay at time of service.

No insurance will be filed.



Avera 
Medical Group

For more information or to schedule an appointment, call 402-358-5700.