



UnityPoint Health
Des Moines

WELLNESS SERVICES



Blood Chemistry Profile (12-hour fast)

Measures 29 components in the blood. Includes lipid profile, glucose, liver functions, kidney functions, iron, sodium, potassium, etc. (12-hour fast).

Hemoglobin A1C (HbA1C)

A1C indicates how well diabetes has been controlled by providing a picture of the average amount of glucose in the blood over 2-3 months.

Highly Sensitive C-Reactive Protein (CRP)

CRP is an inflammatory marker. CRP is widely reported as a possible key indicator of heart health and may help physicians predict a patient's long-term risk of a cardiovascular event. Do not participate if you have tissue injury, infection or general inflammation. Individuals with arthritis should not be measured.

Magnesium (Mg)

Magnesium helps keep blood pressure normal, bones strong, and the heart rhythm steady. Adults who consume less than the recommended amount of Mg are more likely to have elevated inflammation markers. Low Mg appears to be a risk factor for osteoporosis. There's some evidence that eating foods high in Mg and other minerals can help prevent high blood pressure in people with prehypertension.

Prostate Specific Antigen (PSA)

PSA helps detect prostate cancer and is approved along with a digital rectal exam in men age 50 and older.

Thyroid-Stimulating Hormone & Free T4 (TSH)

TSH is used to screen adults for thyroid disorders and aids in the diagnosis of hypothyroidism or hyperthyroidism.

Complete Blood Count (CBC)

The CBC is a group of tests used to screen for a wide variety of diseases; includes the following: white blood cells (WBC), red blood cells (RBC), hemoglobin (Hgb), hematocrit (Hct), platelets, mean cell volume (MCV), mean cell hemoglobin concentration (MCHC), neutrophils, lymphocytes, monocytes, eosinophils and basophils.

Follicle Stimulating Hormone (FSH)

FSH is used to help women determine if they are in menopause or have gone through menopause. The test is for women age 45 and older; women who have had a hysterectomy and did not have ovaries removed; women experiencing changes in their normal cycle, having irregular cycles or experiencing hot flashes. This test is not valid if the woman is on any form of estrogen or progesterone.

Vitamin D - 25 Hydroxy

The measurement of 25-OH Vitamin D concentration in the serum or plasma is the best indicator of Vitamin D nutritional status. Vitamin D is synthesized in the skin in response to sunlight. The best nutritional sources of Vitamin D are oily fish - primarily salmon and mackerel - some vegetables, yeast and fungi.

Vitamin B12

Vitamin B12 (also known as cobalamin) is a vitamin required for neurologic function, DNA synthesis, and production of blood cells. The major dietary sources are meat, fish, and dairy products.

Total Testosterone

Testosterone is the main sex hormone in men, produced mainly by the testicles. It is responsible for male physical characteristics. Although considered to be a 'male' sex hormone, it is present in the blood of males and females. May be used to help evaluate conditions such as decreased sex drive in men and women, erectile dysfunction in men, infertility in men and women, testicular tumors in men, hypothalamus or pituitary disorders, and Metabolic Syndrome.