

BASIC WELLNESS PANEL

Overview:

Half of all US adults have one or more chronic health conditions such as heart disease, diabetes, or obesity. Knowing particular lab test numbers can help make more informed clinical decisions regarding your patient's lifestyle. Wellness tests can help identify issues before they start and can also assist in identifying problems earlier before they present themselves, such as liver disease, kidney disease, diabetes, thyroid disease, anemia, and cardiovascular disease. Wellness lab testing can also screen for potential red flags that could compromise health.

The Evexia Diagnostics Basic Wellness Panel serves as an excellent starting point to assess overall wellbeing and includes a collection of screenings commonly ordered during the yearly health check-up. This panel helps to evaluate kidney and liver function by measuring blood glucose regulation (serum blood glucose and hemoglobin A1c), calcium, electrolytes, cholesterol, triglycerides, and vitamin D. This panel also incorporates a Comprehensive Urinalysis, a Comprehensive Metabolic Panel (CMP), as well as a Complete Blood Count (CBC).

The lipid panel measures overall cholesterol levels in the body. Lipids are various forms of fat in the body and include cholesterol types. Higher levels of low-density lipoprotein are associated with an increased risk of a heart attack.

The Comprehensive Metabolic Panel (CMP) is a combination of 14 health tests. The 14 measurements included in the CMP provide a glimpse into the health of the body, its metabolism, and chemical balance. The CMP can also aid in determining how the liver and kidneys are functioning and where glucose, calcium, protein, sodium, potassium, and chloride levels stand.

The Complete Blood Count with Differential helps to give an overall view of general health and screens for a broad scope of diseases and conditions, as well as the body's ability to defend against infection.

The Comprehensive Urinalysis with Microscopic Examination is also an essential part of this panel. A urinalysis is vital to assess the chemical constituents in the urine and the relationship to various disease states. A microscopic examination can detect the presence of abnormal urine cells and formed elements. Overall, the urinalysis can detect abnormalities in the urine, which helps assist in the diagnosis of renal diseases, urinary tract infections, urinary tract neoplasms, and systemic diseases.

The pituitary gland produces Thyroid Stimulating Hormone (TSH) and regulates the function of the thyroid gland. The thyroid controls the body's metabolism and also secretes hormones that are necessary for growth, development, and nearly every physiological process.

Vitamin D has received widespread attention for its potential role in preventing cardiovascular disease and type 2 diabetes mellitus.

This panel comes with a free* Functional Health Report when Evexia Nutraceuticals are recommended. *A \$5 fee is applied when recommendations other than Evexia Nutraceuticals are selected.

Test Code	Test Name
005009	Complete Blood Count (CBC) With Differential
322000	Comprehensive Metabolic Panel (CMP-14)

Test Code	Test Name
324741	Ferritin + Iron + Total Iron-binding Capacity (TIBC)
102525	Hemoglobin (Hb) A1c With eAG
001115	Lactic Acid Dehydrogenase (LD / LDH)
004580	Lipid Panel + VLDL + TC/HDL Ratio + LDL/HDL Ratio + CHD Risk
001537	Magnesium
001024	Phosphorus
004259	Thyroid-stimulating Hormone (TSH)
003772	Urinalysis, Complete With Microscopic Examination
081950	Vitamin D, 25-Hydroxy