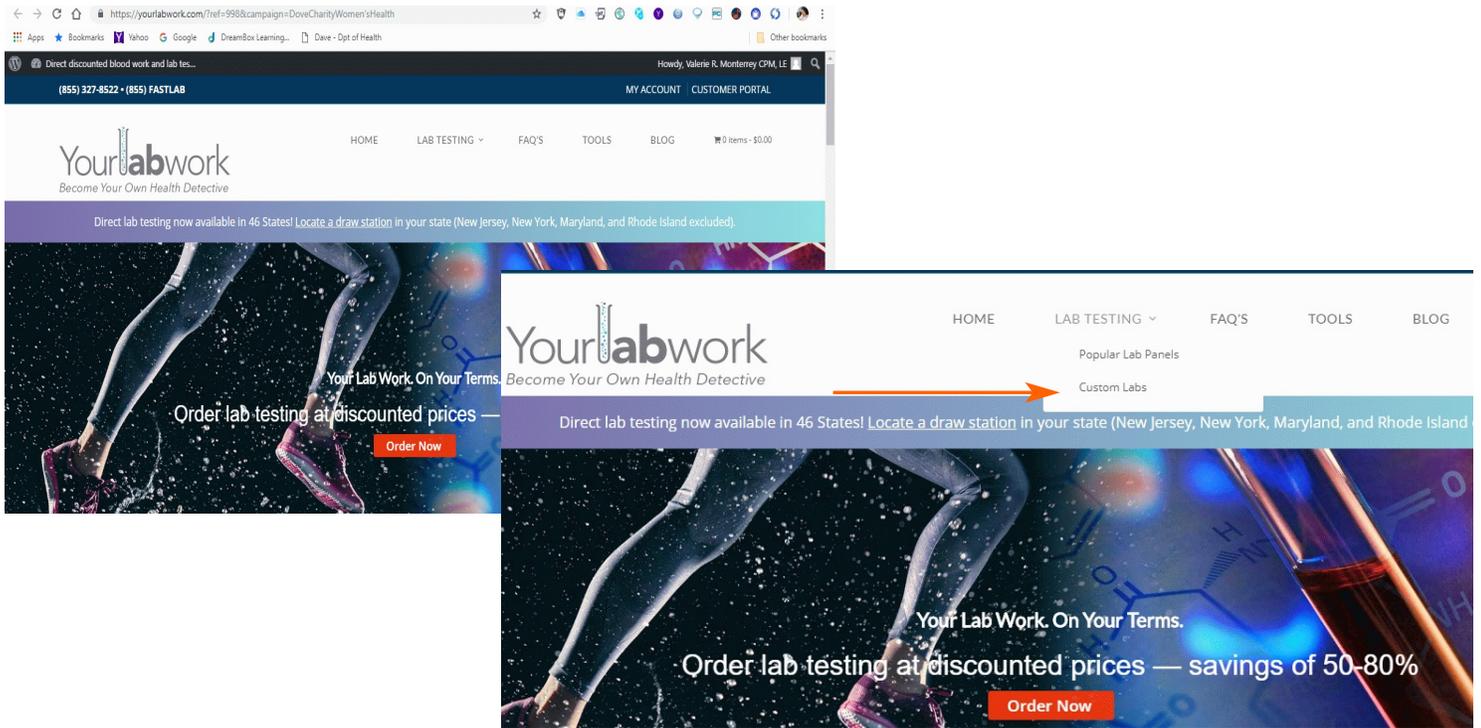


How to Order Your Own Lab Work

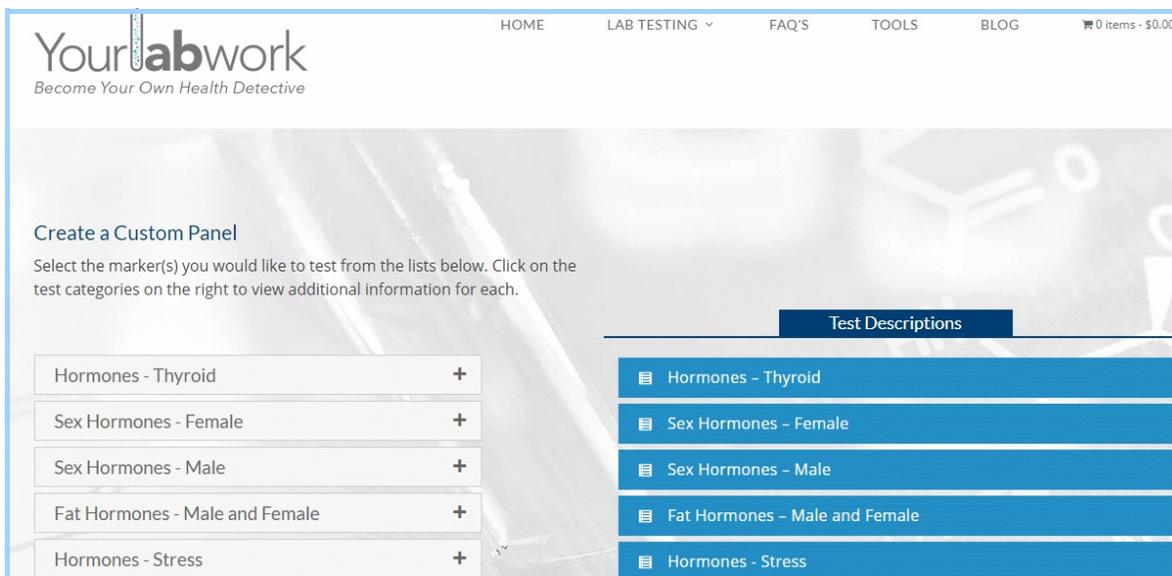
Here is the first page that will come up. If you are having troubles ordering your lab work let me know.



Select **Lab Testing** at the top and then either **Popular Lab Panels** if you want group bundle testing or select **Custom Lab** if you desire specific tests for your condition. If you are one of my **Lifestyle Clients** there is a list of bundles and if you are one of my **Midwifery Clients** you may prefer **Custom Labs**.

So your next page will look like the one below. The tests are grouped under topics like hormones, metabolic, general health etc. on the right you can see a description of these tests and on the upper right you can see you charge increase as you select the tests you want done.

Select the topic and the related tests will drop down from there.



Recommendations For my **Midwifery Clients** if you are on the fluffy side have a hard time gaining or losing weight and are tired most of the time if you had a hard time getting pregnant consider **Thyroid Panel2**.

Test Descriptions	
Hormones - Thyroid	
<input type="checkbox"/> TSH	+\$30.00
<input type="checkbox"/> Free T4	+\$30.00
<input type="checkbox"/> Free T3	+\$30.00
<input type="checkbox"/> Thyroid Peroxidase Antibodies	+\$50.00
<input type="checkbox"/> Thyroglobulin Antibodies	+\$50.00
<input type="checkbox"/> Thyroid Bundle 1 - all of the above	+\$127.00
<input type="checkbox"/> SAVE 33%! Thyroid Bundle 2 - TSH, free T3, free T4	+\$66.00
<input type="checkbox"/> Specialty test - Reverse T3	+\$99.00
<input type="checkbox"/> Specialty test - Iodine Serum, Plasma	+\$50.00
Sex Hormones - Female +	
Sex Hormones - Male +	

Sugar Metabolism and Diabetes
I prefer you get the **All of the above** for your Glucose testing. But at least the **Hemoglobin A1c**.

Fat Hormones - Male and Female	+
Hormones - Stress	+
Sugar Metabolism and Diabetes Screening	+
Cholesterol Tests/Heart Health	-
<input type="checkbox"/> Basic Fasting Lipid Panel	+\$30.00
<input type="checkbox"/> Advanced Lipid Panel (includes Lp(a)) View Details	+\$175.00
Inflammatory Markers	+
Nutrient Panel	+

Cholesterol
A **Basic Fasting Lipid Panel** is a good idea at least once a year so if you haven't had one consider this one.

Hormones - Stress +	
Sugar Metabolism and Diabetes Screening -	
<input type="checkbox"/> Fasting Glucose	+\$25.00
<input type="checkbox"/> Fasting Insulin	+\$30.00
<input type="checkbox"/> Hemoglobin A1c	+\$25.00
<input type="checkbox"/> All of the above - SAVE 25%! Specialty test - 2 hour OGTT with insulin	+\$59.00
<input type="checkbox"/> Specialty test - 2 hour OGTT with insulin	+\$200.00
Cholesterol Tests/Heart Health	+
Inflammatory Markers	+

Inflammatory Markers If you notice that you struggle with swelling, numbness in your hands and feet, or any generalized inflammation then you may consider a **Bundle of inflammatory tests**.

Inflammatory Markers -	
<input type="checkbox"/> High-sensitivity CRP	+\$30.00
<input type="checkbox"/> Homocysteine	+\$65.00
<input type="checkbox"/> CK	+\$20.00
<input type="checkbox"/> Uric acid	+\$30.00
<input type="checkbox"/> Bundle - all above	+\$109.00
<input type="checkbox"/> SAVE 25%! ESR	+\$25.00
<input type="checkbox"/> ANA with reflex	+\$35.00
Nutrient Panel	+
General Health Screening	+

Inflammatory Markers +	
Nutrient Panel -	
<input type="checkbox"/> Vitamin B9 (serum folate)	+\$30.00
<input type="checkbox"/> Vitamin B12	+\$30.00
<input type="checkbox"/> Vitamin D	+\$50.00
<input type="checkbox"/> Bundle - all vitamins above	+\$88.00
<input type="checkbox"/> SAVE 20%! Serum Ferritin	+\$30.00
<input type="checkbox"/> Iron and Total Iron Binding Capacity (TIBC)	+\$30.00
<input type="checkbox"/> RBC Magnesium	+\$30.00
<input type="checkbox"/> Zinc	+\$50.00
<input type="checkbox"/> Selenium	+\$99.00
<input type="checkbox"/> CoQ10	+\$99.00
<input type="checkbox"/> Omega 3/6 index	+\$99.00
<input type="checkbox"/> Methylmalonic Acid	+\$89.00
General Health Screening	+

Nutrient Panel

As a lifestyle Educator I spend a lot of time with my clients helping them understand the important of our food to increase or decrease the likelihood of disease in our bodies. Nutrition is so important and today its so hard. Science has confirmed over an over that the earth does not produce the same nutrient dense food it did fifty years ago.

“Donald Davis, a biochemist at the University of Texas, said that of 13 major nutrients in fruits and vegetables tracked by the Agriculture Department from 1950 to 1999, six showed noticeable declines -- protein, calcium, phosphorus, iron, riboflavin and vitamin C. The declines ranged from 6 percent for protein, 15 percent for iron, 20 percent for vitamin C, and 38 percent for riboflavin.” this is from an article “Fruits, vegetables not as nutritious as 50 years ago”

Nutrient Panel Bundle -all Vitamins is good and if you are having trouble bringing up your iron then the **Iron and Total Iron binding Capacity**.

Under **General Health Screening** if you are Midwifery client it is important that you get the **Complete Blood Count (CBC)**, the **Comprehensive Metabolic Panel (CMP)**, **Bundle will save you 33%** and add to that bundle **ABO & Rh Blood Type**. If you already know your blood type and factor skip that one but only if you are sure or have proof. If you know you might have been exposed to Lymes Disease then pick that one.

General Health Screening	+
Exposure	+
Food Tolerance Testing	+
Genetic Testing	+
Total	
\$224.00	
1	Add to cart

Exposure, Food Tolerance Testing and Genetic Testing, all of which are not presently recommended during Pregnancy. Open them up to learn more about each test for future reference.

Nutrient Panel		+
General Health Screening		-
<input type="checkbox"/> Complete Blood Count (CBC)	+\$30.00	←
<input type="checkbox"/> Comprehensive Metabolic Panel (CMP)	+\$30.00	←
<input type="checkbox"/> Bundle - both above	+\$39.00	←
SAVE 33%!		
<input type="checkbox"/> ABO and Rh (Blood Type)	+\$30.00	←
<input type="checkbox"/> Lyme Disease Antibodies (IgG, IgM)	+\$139.00	
<input type="checkbox"/> Celiac Disease Comprehensive	+\$349.00	
<input type="checkbox"/> Epstein-Barr Virus Antibody Panel	+\$99.00	
<input type="checkbox"/> Urinalysis	+\$30.00	
Exposure		+
Food Tolerance Testing		+

Now when you have chosen your tests see the total at the end then go to your cart at the upper right hand side and view cart. Use either Paypal or a

credit card to make your payment.

You can leave my name on one side but use your name on the customer side.

You will get an **email Confirming** your order and a receipt. Then you must wait for a **Requisition sheet** that may take 24 hours to receive. It might come from Susan Nichols or Support of YourLabWork.com. Below is an example of your **Requisition sheet**. You must use a password sent to you by your email to open this requisition. Then either make an apt with a Quest Diagnostics Lab or you may try to get in with out an appointment.

If you need help I can assist you in these orders.

Req #: 0001266 Client #: 78300010 Scheduled Date: 04/28/2019 Scheduled Time: YOURLAB WORK 901 S MOPAC EXPRESSWAY BLDG 1 AUSTIN, TX 78746 855-327-8522 (P)		For Lab Use		DRAFT	
		Patient Information			
Collection Date: _____	Time: _____	Pat ID #: VM12031965	SSN: _____		
Urine Volume: _____	Hours: _____	Fasting: _____	Health ID: _____		
Lab Reference ID: _____	DOB: 12/03/1965		Sex: F		
UPIN: H12044 HOPKINS,GARY A Ref Physician Provider ID: HOPKINS,GARY A NPI: 1124086376 HOPKINS,GARY A			Responsible Party: _____	Bill Type: Client	