

The Journey to Good Health Starts Here

Searching for a primary health care provider?

Covenant Clinic is comprised of over 100 primary health care providers including specialty physicians, physician assistants, nurse practitioners and numerous health care and office professionals who share the common goal of providing quality health care services to people throughout Northeast Iowa.

Covenant Clinic offices are located within the metro area of Waterloo and Cedar Falls, as well as in 13 rural communities. They include Arlington, Evansdale, Dysart, Fairbank, Gladbrook, Jesup, LaPorte City, Oelwein, Reinbeck, Shell Rock, Tripoli, Traer, and Waverly.

To schedule an appointment with Covenant Clinic Family Practice, please call 1.800.525.8153
OR
Waterloo: 319.272.5000
Cedar Falls: 319.575.5800

Mission: Wheaton Franciscan Healthcare is committed to living out the healing ministry of the Judeo-Christian tradition by providing exceptional and compassionate health care services that promote the dignity and well-being of the people we serve.

Walk-In Wellness Lab Screenings

Covenant Medical Center
3421 West Ninth Street, Waterloo, Iowa

Monday - Friday: 6:00 a.m. to 6:00 p.m.
Saturday: 8:00 a.m. to 12:00 p.m.
Sunday: Closed

Please use the Clinic Entrance and turn to the left to register at the Circle Registration Desk

Arrowhead Medical Center
226 Bluebell Road, Cedar Falls, Iowa

Monday - Friday: 7:45 a.m. to 7:00 p.m.
Saturday: 10:00 a.m. to 2:00 p.m.
Sunday: Closed

Please use the main entrance and turn to the left to register at Occupational Medicine/Convenient Care Clinic

For more information about the Walk-In Wellness Lab Screens, please contact a Nurse Health Coach at 319.272.2414 or 319.272.2415

 **Covenant Clinic**
Occupational Medicine & Wellness
Wheaton Franciscan Healthcare

WheatonIowa.org

188243 8/31/15 tm

WALK-IN WELLNESS LAB SCREENING



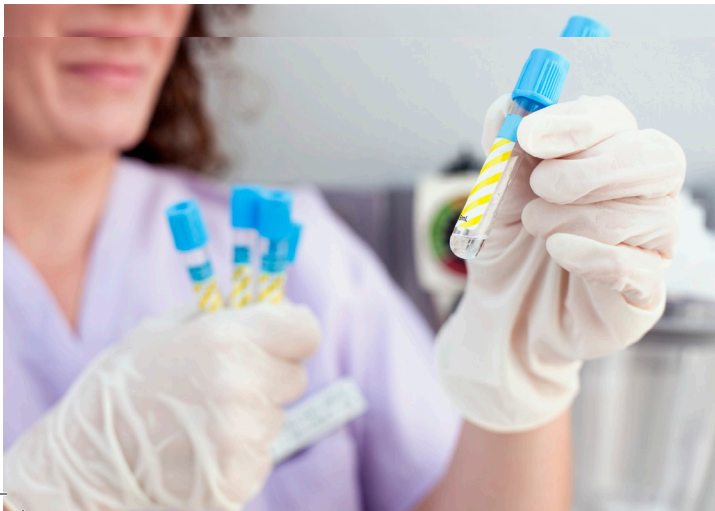
 **Covenant Clinic**
Occupational Medicine & Wellness
Wheaton Franciscan Healthcare

Creating a Culture of Health and Well Being

The Occupational Medicine & Wellness Disease Management Program is offering the opportunity to assess your health through blood profile screenings. We encourage you to manage your health and well being by periodically testing your Wellness Lab Screens.

It is Convenient and Easy

- Stop by one of the participating lab locations.
 - Bring the completed order form with you to register.
 - Payment must be received at time of service
 - Anyone under 18 years of age must be accompanied by a parent or guardian.
 - Results will be provided by the Nurse Health Coach within 2 weeks.
- Cash, check and credit card accepted.
- No debit cards please.
- Personal health insurance will not be filed.



Healthy Heart Wellness

\$10.00

10-12 hour fast required

- Total Cholesterol
- HDL (good cholesterol)
- LDL (bad cholesterol)
- Triglycerides
- Glucose

Hematology Wellness

\$8.00

No fasting required

- White Blood Cell Count
- Red Blood Cell Count and Indices
- Hemoglobin
- Platelet Count

Complete Chemistry Wellness

\$15.00

10-12 hour fast required

- Total Cholesterol
- HDL (good cholesterol)
- LDL (bad cholesterol)
- Triglycerides
- Glucose
- BUN (Kidney Function)
- Creatinine (Kidney Function)
- Calcium (Osteoporosis)
- AST (Liver Function)
- Iron

Prostate Specific Antigen (PSA)

\$15.00

No fasting required

- PSA is recommended for males over 50 years of age

Thyroid Wellness

\$15.00

No fasting required

- TSH (Thyroid Stimulating Hormone)
- Detects hypothyroidism and hyperthyroidism and Grave's Disease

Hemoglobin A1c (HbA1c)

\$15.00

No fasting required

- HbA1c is a lab test that shows the average level of blood sugar (glucose) over the previous 3 months.

Results will be sent to a Nurse Health Coach who will contact you to discuss the results and further treatment recommendations. You will receive two copies of your results in the mail; one for your records and one for you to share with your primary care provider.

If you currently do not have a primary health care provider, we can schedule an appointment with a medical provider that best fits your needs and preferred Covenant Clinic location.

Walk-In Wellness Lab Screens are not a substitute for your annual physical exam. Annual physicals are recommended and are covered by personal health insurance policies. The nurse health coach can assist you in scheduling your annual physical.



Walk-In Wellness – Lab Screening Order Form

This lab screening order form is for employees and dependents of AEA 267 only

Thank you for utilizing the Walk-In Wellness Lab Screens at Wheaton Franciscan Healthcare.

Please choose the location that is most convenient for you:

<p>Covenant Medical Center - Outpatient Laboratory 3421 W 9th St., Waterloo</p> <p>Hours: Monday – Friday 6:00 a.m. – 6:00 p.m. Saturday 8:00 a.m. – 12:00 p.m. Sundays and Holidays Closed</p> <p><i>Please use entrance F (Patient Entrance), located on the south side of the building; and proceed left to register at the circle registration desk.</i></p>	<p>Arrowhead Medical Center 226 Bluebell Road, Cedar Falls</p> <p>Hours: Monday – Friday 7:45 a.m. – 7:00 p.m. Saturday 10:00 a.m. – 2:00 p.m. Sundays and Holidays Closed</p> <p><i>Please use main entrance, located on the south side of the building; and proceed left to Occupational Medicine/ Convenient Care to register at the front desk window.</i></p>
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**** Payment is required at the time of service. Cash, Check and Credit Cards are accepted. Debit Cards are not accepted. Personal health insurance will not be filed.**

REGISTRATION INFORMATION

The following information is required in order to perform the wellness screenings. Please complete Name, Date of Birth, Date of Service and which wellness screens you would like tested prior to checking in for wellness lab screens.

Name: _____ D.O.B.: _____ Date of Service: _____

Wellness Lab Screenings (check which ones to be tested):

****Lab staff – Do Not use VPO, please use RFL**

- Healthy Heart Wellness \$10.00 Lipid and Glucose (WLP2)
10-12 hour fast required
- Hematology Wellness \$8.00 CBC (WLP3)
No fasting required
- Complete Chemistry Wellness \$15.00 Lipid, Glucose, BUN, Creatinine, Calcium, AST, Iron (WLP5)
10-12 hour fast required
- PSA (Prostate Specific Antigen) \$15.00 PSA (WLP4)
No fasting required
- Thyroid Wellness (TSH) \$15.00 TSH (WLPTSH)
No fasting required

Hospital Use Only: Account Number: _____ Med Rec #: _____

Please direct results to:
Steven Tarr, MD • Provider Number: 211
Phone: 319.272.7425 • Fax: 319.575.5617
Arrowhead Medical Center
226 Bluebell Road • Cedar Falls, Iowa 50613

I understand that I will be contacted by a Nurse Health Coach regarding my wellness lab results. The Nurse Health Coach will mail a copy of my results to me directly as well as my Primary Care Physician.
**Please direct all questions to the Nurse Health Coach.*

Primary Care Physician's Name: _____

Patient Signature: _____ Date: _____

TOP OF LABEL
PATIENT LABEL MUST BE PLACED HERE
LABEL CANNOT BE IN ANY OTHER
LOCATION OR POSITION
BOTTOM OF LABEL