



Self-Tests Available *With instant results – no lab required*

Blood Pressure Monitor. A blood pressure measurement is a test that measures the force (pressure) in your arteries as your heart pumps blood. Blood pressure is measured as two numbers: **1. Systolic blood pressure** (the first and higher number) measures pressure inside your arteries when the heart beats. **2. Diastolic blood pressure** (the second and lower number) measures the pressure inside the artery when the heart rests between beats.

Blood Tests

Blood Type - It detects the common blood grouping system A, B, O, AB and Rhesus(D). Blood typing helps you safely donate and help others, but it can also let you know if you are at risk for certain health conditions in the future.

Cholesterol - This test monitors the concentration of:

1. Total Cholesterol (TC)
2. Triglyceride (TG)
3. High Density Lipoprotein Cholesterol (HDL)
4. LDL Cholesterol (LDL calculated value)

Glucose - A blood glucose test is used to find out if your blood sugar levels are in a healthy range. It is often used to help diagnose and monitor diabetes. High blood glucose levels (hyperglycemia) or Low blood glucose levels (hypoglycemia) can cause serious, long-term health conditions.

hbA1c – This test measures your average blood sugar levels over the past 3 months. It's one of the commonly used tests to diagnose prediabetes and diabetes, and is also the main test to help you and your health care team manage your diabetes.

Hemoglobin - Hemoglobin enables red cells to transport oxygen and carbon dioxide throughout your body. A hematocrit level below the normal range, meaning the person has too few red blood cells, is called anemia. A hematocrit level above the normal range, meaning too many red blood cells, may indicate polycythemia or erythrocytosis.

Urine Tests

Ketone - Ketone testing is optional for keto dieters but it can be very useful when you're just starting out. However, it's a must for those who have diabetes, especially type 1 diabetes, to prevent diabetic ketoacidosis (DKA) and receive timely intervention from their healthcare provider.

Liver Function - (Liver, kidney, Gallbladder) Test results may provide useful information regarding carbohydrate (sugar) metabolism (diabetes), kidney function, acid-base balance, bacteriuria, occult blood, high leukocytes (infection) and other conditions of overall health.

pH (Acid/Alkalinity)- The urine pH test provides insight into how our bodies metabolize our food. In addition, it gives clues about the health of the kidneys, metabolic system, and urinary tract. Consistently abnormal urine pH

levels can indicate ongoing health conditions or be a precursor to a disease that has not produced physical symptoms.

Pregnancy - Early Detection - All home pregnancy tests detect the 'pregnancy hormone', human Chorionic Gonadotropin (hCG) in urine. In pregnancy, hCG is produced first by the fertilized egg and later the placenta. A fertilized egg typically implants into the lining of the uterus (womb) 6-8 days before the missed period, when tiny amounts of hCG start to appear in the mother's blood and urine. Though hCG levels are very low at first, the level rises rapidly and predictably in the first weeks of pregnancy.³

Protein in Urine - Elevated protein levels can signal a number of kidney diseases such as Amyloidosis (protein buildup in organs), Endocarditis (heart infection), and Glomerulonephritis (kidney cell inflammation)². Apart from these three, there are many other conditions that can lead to higher levels of protein in your urine, and so it best to consult a doctor if your urine levels are unusually high.

Uric Acid Levels - Uric acid urine test is performed to check for the amount of uric acid in urine. Increased uric acid blood levels and formation of uric acid crystals in the joints are associated with gout and kidney stones.

UTI - Urinary tract Infection - A UTI is a common infection that affects the urinary tract. It includes the kidneys, ureters, bladder, and urethra. The main cause of UTIs is a type of bacteria called *Escherichia coli* (*E. coli*). But other types of bacteria, and even some fungi and viruses, can cause them in both men and women.

Yeast Infection - Yeast lives naturally in the body and on the skin. When it grows out of control, it causes a yeast infection. The most common are vaginal yeast infections, which cause itchiness and discomfort. With treatment, most yeast infections clear up within a week.

Saliva Tests

HIV Saliva - Post-exposure detection of HIV may take up to three months, known as the window period, in which antibodies to the virus are developed. Testing during the window period may produce a negative result. With a positive result and if results are inconclusive seek additional testing in a medical setting.

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New Life Wellness Center endeavors to respect, resource, and empower the whole person, physically, emotionally and spiritually. We are here to compliment and support your health journey.

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Questions? Call 360-458-3090 ext 4 and leave a message, including your phone number. We will get back with you!

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