

# WELLNESS WEDNESDAYS

## Wellness Lab Testing

on your time, what you want, and when you want it!

This lab testing allows you to choose the tests you wish to have performed. Tests are made available at patient request at a reduced price and without a physician order.

*This service can help if you:*

- Wish to have more frequent testing than your health insurance plan will cover
- Want to assess and manage your health status on a regular basis
- Are uninsured or have a high deductible and want to take advantage of lower out-of-pocket expenses

### Wellness Wednesdays at JCH&L

Wednesdays, alternating 6-8 a.m. or 4-5:30 p.m.  
Call for available dates and times!  
APPOINTMENTS ONLY. NO WALK INS.

#### INDIVIDUAL TESTS AVAILABLE:

Complete Metabolic Profile	\$25
TSH .....	\$25
Lipid Panel .....	\$25
CBC .....	\$25
PSA Screening .....	\$25
Hemoglobin A1c .....	\$25
Vitamin D .....	\$25

*For appointment call 402-587-5193 and leave a message on our Wellness Lab voice mail. We will call you back on the next weekday between 8 a.m. and 4 p.m.*

*Appointment required 24 hours before testing*

*\*Must pay with cash or check at the time of testing. Ask when making appointment if you need to use a credit card.*

*(Results are not shared with providers; insurance will not be billed.)*

JEFFERSON COMMUNITY  
**Health & Life**

Inspiring a Lifetime of Health

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[jchealthandlife.org](http://jchealthandlife.org)