

Here it is!

YOUR GUIDE TO THE GENERAL HEALTH PANEL:

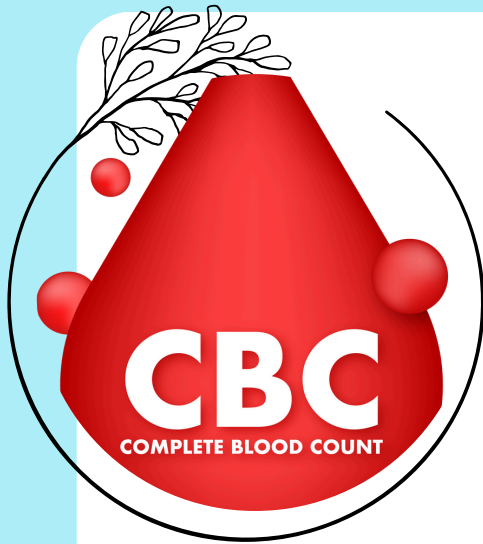


Health is wealth, and understanding your body's current state is the first step toward living a healthier life. This guide will introduce you to the General Health Panel, a comprehensive set of tests that can give you a detailed overview of your well-being.

Whether you're looking to establish a baseline for your health, monitor existing conditions, or simply be proactive about your wellness, this panel covers some of the most important markers of your health.

The General Health Panel is a collection of blood and urine tests that give a snapshot of your overall health. It includes tests for your blood cells, metabolic function, thyroid health, cardiovascular risk, inflammation, and more. By analyzing these different aspects, you can identify potential health concerns early and take appropriate actions to address them.

Tests Included in the General Health Panel



Complete Blood Count

- **What It Measures:** A CBC includes 10 biomarkers to provide information about the number and types of cells in your blood, including red and white blood cells and platelets.
- **Why It Matters:** This test helps assess your overall health, and detects anemia and other conditions affecting your blood.



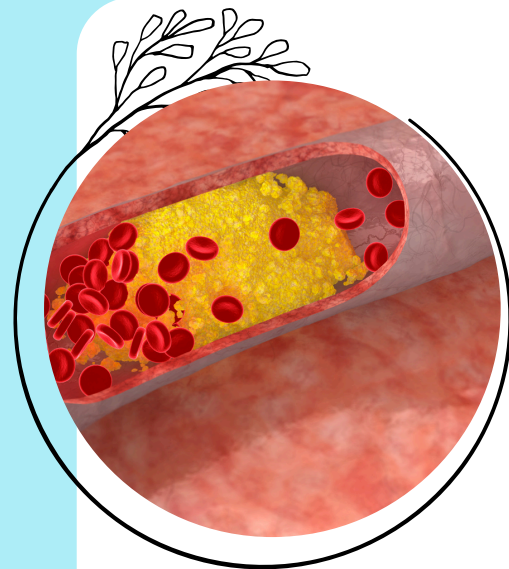
Comprehensive Metabolic Panel

- **What It Measures:** The CMP includes 14 different biomarkers to evaluate kidney and liver function, blood sugar, and electrolyte balance.
- **Why It Matters:** It helps detect issues with your metabolism, kidney, or liver health, which are key organs for your body's overall function.



TSH with Free T4

- **What It Measures:** TSH and Free T₄ are critical for evaluating how well your thyroid gland is working.
- **Why It Matters:** Thyroid hormones regulate metabolism, energy, and mood. This test can help detect conditions like hypothyroidism or hyperthyroidism.



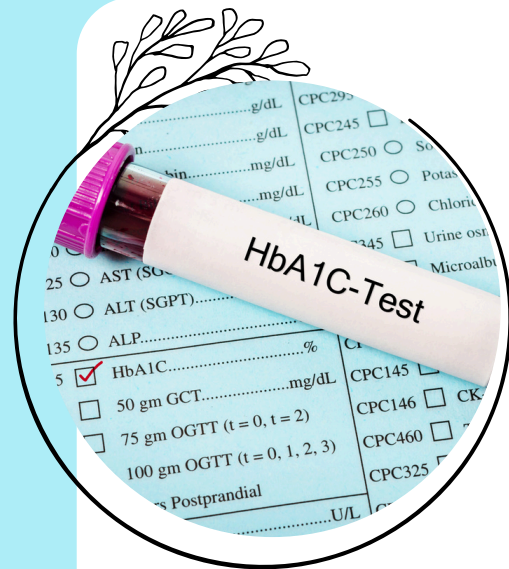
Lipid Panel

- **What It Measures:** The lipid panel measures cholesterol levels, including HDL ("good" cholesterol), LDL ("bad" cholesterol), and triglycerides.
- **Why It Matters:** Monitoring cholesterol is crucial for assessing cardiovascular health and managing the risk of heart disease.



Urinalysis

- **What It Measures:** Urinalysis involves examining your urine to detect a variety of substances, such as glucose, protein, and ketones.
- **Why It Matters:** This test can help identify kidney problems, urinary tract infections, or metabolic issues.



Hemoglobin A1C

- **What It Measures:** HbA1c reflects your average blood sugar over the last 2-3 months.
- **Why It Matters:** It's an important marker for diagnosing and monitoring diabetes or prediabetes, giving a picture of long-term blood sugar control.



Vitamin D

- What It Measures: This test measures the level of Vitamin D in your blood.
- Why It Matters: Vitamin D is essential for bone health, immune function, and overall wellness. Low levels can contribute to fatigue, weakened immunity, and bone issues.



hs C-Reactive Protein

- What It Measures: hs-CRP measures inflammation in the body.
- Why It Matters: Elevated hs-CRP can indicate increased risk of chronic conditions like cardiovascular disease, as inflammation plays a major role in many health issues.



Fasting Insulin

- What It Measures: Fasting insulin shows how much insulin is in your blood after fasting.
- Why It Matters: It helps assess how well your body is managing blood sugar and can detect early insulin resistance, which is a precursor to Type 2 diabetes.



Prostate-Specific Antigen

- What It Measures: PSA is a protein produced by the prostate gland, measured through a blood test.
- Why It Matters: Elevated PSA levels can be a sign of prostate issues, including enlargement or cancer. It's important for men's health, particularly for those over 50.
- Males only



How to Get Tested

The General Health Panel gives you valuable insights into your body's overall state.

Here's how you can get started:

1. Request Your Test: Visit <https://yourfamilymd.com/laboratory-tests> to request the General Health Panel. Once you submit a request and complete and sign all the forms, I will issue a lab order for you to complete at a LabCorp location of your choice.
2. Complete the Lab Work: After receiving your lab order, visit your preferred LabCorp location for the tests. To schedule your visit, use the following link: [LabCorp Appointment Scheduling](#). When scheduling, you will be prompted to answer how this visit will be covered. Select the option that says, "I already paid, or Someone else is responsible." Please remember to fast for 8-12 hours before the blood tests to ensure accurate results.
3. Receive Your Results: Once the results are available, I will review them and contact you to schedule a call to discuss the findings and provide recommendations.

Your health is the most valuable asset you have. With a clearer picture of your health, you can make informed decisions that lead to a healthier, happier life.

Don't wait for symptoms—be proactive, stay informed, and make your health a priority today!