

## Learn more about your health

Today, Americans are more health-conscious, more aware of their bodies and considerably more knowledgeable about physical health and wellness.

As part of Gothenburg Health's focus on improving our service area's health and wellness, we're now offering Direct Access Testing (DAT). Individuals can come to the laboratory and receive wellness screenings without a written physician's order. Screenings available through Direct Access Testing allow you to manage your health and health concerns.

## Quick, easy and convenient

Direct Access Testing is not meant as a substitute for regular medical care; it is a quick, easy, and convenient way for people to receive health info.

- A physician's order is not required for these tests.
- The customer, if 18 or older, or parent/legal guardian for those under 18, consent to take responsibility for the follow up of abnormal test results.
- Payment in cash or check must be received at the time of service; insurance will not be billed.
- The results will be sent directly to you within one week of collecting the specimen. You are encouraged to share the results with your health care provider.

## Direct Access Testing

Direct Access Testing at Gothenburg Health is available without a physician's order in the hospital lab, Tuesday and Thursday from 7-9 a.m.

## Call to Schedule

Scheduled appointments for Direct Access Testing are required at this time. Call 308-537-4066 to schedule your wellness screening. No walk-ins, please.

### Gothenburg Health

910 20<sup>th</sup> Street  
Gothenburg, NE 69138

Phone: 308-537-4066  
[www.gothenburghealth.org](http://www.gothenburghealth.org)

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*Well Ahead*

## Direct Access Testing

Gothenburg Health Lab

Monday - Friday  
7 a.m. to 5 p.m.

# Direct Access Testing at Gothenburg Health's Laboratory



Well Ahead

Description of direct access tests  
Offered at Gothenburg Health.

## **CBC** **\$15**

(Complete blood count) is a blood test used to evaluate your overall health and detect a wide range of disorders.

## **Comprehensive Metabolic Panel\*** **\$19**

Screens for diabetes, fluid balance, kidney function and liver function.

- Electrolytes
- Glucose
- BUN
- Creatinine
- Calcium
- Albumin
- Alkaline Phosphatase
- ALT/AST
- Total Bilirubin
- Total Protein

## **Hemoglobin A1C Wellness** **\$18**

Glycohemoglobin (Diabetes)

## **Vitamin D** **\$58**

Vitamin D deficiency may lead to a range of disorders, such as osteoporosis.

## **Lipid Panel\*** **\$16**

- Cholesterol
- Triglyceride
- HDL Cholesterol
- LDL Cholesterol (calc)

## **TSH Wellness** **\$16**

TSH (Thyroid)

## **PSA Screen (Prostate)** **\$25**

Detects an antigen suspicious for cancer of the prostate. This screening may be recommended for men age 55-69. *Many exceptions may apply based upon your unique medical and family history and other risk factors. It's highly recommended that this test be done in conjunction with an annual provider exam.*

## **COVID-19** **\$40**

Rapid antigen test limited to non-symptomatic patients without a known exposure to a COVID-19 positive individual. *(General use is for those needing to get tested prior to travel or attending an event, etc.)*

**For more information call 308-537-4066**

**\*Tests listed with an asterisk require fasting.**

**Please follow these guidelines for a successful screening:**

- Fasting for the laboratory means that the individual should consume no solid or liquid food for 12 hours before the test.
- No alcohol 24 hours before specimen collection.
- Water can be taken in normal amounts.
- If taking medication, continue medication as directed by your health provider.