



Gunnison Valley Health Direct Access Testing (DAT)

INFORMATIONAL NATURE OF THE TESTS: The Gunnison Valley Health (GVH) Laboratory provides Direct Access Testing (DAT), including accompanying reference ranges (expected normal ranges), for your informational purposes only. **DAT cannot substitute for medical advice, diagnosis, or treatment. Diagnosis and treatment of human illness should be based on your medical history, including your family's medical history and a physical examination, along with your doctor's professional judgment and review of test results.**

It is therefore important for you to discuss your test results with your personal physician/health care provider. Physician judgment must remain central to the selection of diagnostic tests and therapy options of a specific patient's medical condition. **Always seek the advice of your doctor if you have any questions, and before you stop, start, or change any treatment plan, including the use of medication. If you do not have a personal provider, you may reach out to Gunnison Valley Health Family Medicine Clinic at 970-642-8413 to contact a provider for medical advice, diagnosis, and treatment.**

URGENT/EMERGENT RESULTS: The patient purchasing DAT services understands that DAT services are not appropriate for urgent or emergent medical conditions or needs.

DAT results are typically reported within four 4-7 working days of collection. Holidays and weekends may delay the timing of results.

LIMITATIONS OF LABORATORY TESTING: Your laboratory tests are completed in a CLIA-certified laboratory, utilizing stringent quality control standards. However, no guarantees are made with respect to accuracy, completeness, errors, or omissions of content. In no event will GVH, its laboratory director, or GVH personnel be liable for any decision made, action taken, or action omitted, based upon the information provided through this Direct Access Testing program. The tests provided are known to have a certain percentage of false negative results (disease is present, but lab value is normal), and false positive results (no disease is present, but lab value is abnormal). Therefore, whether your lab results are normal or abnormal, you should consult with your physician/health care provider to determine the significance of your laboratory values.

NORMAL RESULTS: A normal laboratory result does not exclude the presence of serious disease, such as cancer. People with cancer and other serious diseases can have normal laboratory values. Pregnant women can have negative pregnancy tests if the test is performed early in pregnancy.





ABNORMAL RESULTS: Abnormal laboratory results do not necessarily mean that disease is present. Many variables, including diet, exercise, medications/supplements, and inflammatory conditions can affect laboratory values. In addition, the conditions to which blood or urine is subjected during and after collection (before being tested in the laboratory) can affect laboratory values.

LEGEND FOR INTERPRETING RESULTS ON REPORTS: I understand that results outside the expected "normal" reference range will be indicated in letters next to the numerical value result. "H" means high value, "L" means low value, "A" means abnormal, "AH" means abnormal high, "AL" means abnormal low, "HC" means high critical value and "LC" means low critical value.

ROLE OF LABORATORY DIRECTOR AND LABORATORY PERSONNEL IN DIRECT ACCESS TESTING: With DAT, the GVH laboratory director does not receive your results and does not review your results. There is no doctor-patient relationship between the laboratory director and the test subject/consumer requesting the tests. **The laboratory director will not be interpreting your results, acting on your results or giving medical advice concerning the significance of your lab values.** Likewise, laboratory personnel will not be interpreting your results. Results must be interpreted by your personal physician/health care provider.

Your test results will only be sent to you VIA THE PATIENT PORTAL, or you can reach out to the Health Information Management department, not to your physician. It is your responsibility to share the lab results with your physician/health care provider, and to schedule an appointment to discuss your results with your physician/health care provider.

CRITICAL VALUE RESULTS: Certain laboratory values are considered critical values (or alert values). Critical value results are lab results which are considered life threatening and require urgent medical attention by a health care provider, such as your personal physician or an emergency room physician. If your test shows a critical value, the laboratory staff will call you to give you the critical value result and will recommend that you contact a physician/health care provider immediately.

It is your responsibility to immediately report any critical value to your health care provider, or to a nearby emergency room doctor, if you do not have a provider. The laboratory will not be calling your doctor with any critical values obtained.





For communicating to you any critical results, you agree that GVH Laboratory may leave a voicemail message on your telephone answering machine (or cell phone), asking you to call the lab IMMEDIATELY to obtain a critical result. If the Lab cannot reach you by leaving a voicemail for you, you will also agree that GVH Lab can call your listed emergency contact, to ask them to help us notify you to call the GVH Laboratory immediately at 970-641-7259.

PRIVACY: GVH respects your privacy. Personal information collected from customers will not, unless required by law, be shared with any third party. The primary reason we collect personal information is for identification purposes and to enable you to obtain your test results. We do not distribute unsolicited e-mails, nor, unless required by law, do we share the names of customers with any third party.

GVH EMPLOYEE EXPOSURE POLICY: You understand that the GVH Laboratory has a policy to test for viral Hepatitis and HIV (Human Immunodeficiency Virus) (AIDS) if a lab employee sustains accidental exposure to your blood. You are consenting to viral Hepatitis testing and HIV (AIDS) testing of your blood sample in the event of employee exposure to your blood. The results of any such testing will be shared with you.

THIRD PARTY PAYMENT OR REIMBURSEMENT: DAT may or may not be reimbursed by a health insurance company or by Medicare, Medicaid or any other city, state, or federal program. Please check with your health insurance company or with Medicare, Medicaid or any other city, state, or federal program.

PAYMENTS: Full payment is expected at the time of specimen collection. No other billing will occur, and there is no refund option available.





Testing Definitions

Blood Type (ABO Blood Type/Rh Blood Type): Detects ABO type and Rh type of a person's blood. Example: "B positive" blood type versus "O negative" blood type, etc.

Complete Blood Count (CBC): This screening measures the total number of white blood cells, red blood cells (with hematocrit and hemoglobin levels), and platelets.

Comprehensive Metabolic Panel (CMP): This tests liver function, kidney function, electrolytes, blood proteins, blood glucose (also known as blood sugar, which can screen for diabetes).

Estradiol: Measures the level of Estradiol.

Ferritin (Serum Ferritin): Ferritin is an iron-containing protein, the primary iron form stored inside cells. The small quantity of ferritin that is released into the bloodstream reflects the amount of total iron stored in the body. However, ferritin is an acute-phase reactant in the blood, which means that circulating ferritin levels increase with infection and inflammation, Therefore, circulating ferritin levels must be interpreted by your doctor together with other laboratory values (such as Serum Iron and other lab values).

Folate (Folic Acid): Folate is one of the B vitamins the body uses for growth and development and the production of red blood cells, white blood cells, and platelets. A Folate test can help determine the cause for anemia or aid in the diagnosis of malnutrition or malabsorption. This test is typically ordered when someone has symptoms of anemia or vitamin deficiency. It may also be ordered as a follow-up to irregular results from a CBC test or to monitor someone who is being treated for folate deficiency.

Free Thyroxine (Free T4, FT4): Free Thyroxine (FT4) is measured with Thyroid-Stimulating Hormone (TSH) when thyroid disorders are suspected. Elevations in FT4 can indicate hyperthyroidism (overactive thyroid); decreases can indicate hypothyroidism (underactive thyroid).

Free Triiodothyronine (Free T3, FT3): Free T3 is used to assess thyroid function and may be ordered to help monitor a known thyroid disorder. Elevated levels of FT3 may indicate hyperthyroidism (overactive thyroid).

Hemoglobin A1C (HgbA1c, HbA1c): This test screens for diabetes by measuring your average blood sugar control for the past 2 to 3 months. For people with known diabetes, it indicates how well your diabetes treatment plan is working.





Hepatitis C Ab: Screens for the presence of Hepatitis C.

Iron (Serum Iron): This test is used to monitor the amount of iron (serum iron) circulating in the bloodstream. Iron is an essential mineral and a vital component of hemoglobin, the substance in red blood cells that carries oxygen from your lungs and transports it throughout your body. The Serum Iron test can be ordered with the Serum Ferritin test to monitor for iron deficiency (anemia) or iron-overload diseases.

TIBC (Total Iron Binding Capacity) (cannot be ordered by itself): TIBC is a blood test that determines if you have too much or too little iron in your blood. Iron moves through the blood attached to a protein called transferrin, produced in the liver. TIBC measures the blood's capacity to bind iron with transferrin and helps your provider know how well the protein transferrin is carrying iron in your blood.

Taken together with Iron and Transferrin Saturation, clinicians usually perform a TIBC test when concerned about iron deficiency anemia. Since the liver produces transferrin, alterations in liver function (such as cirrhosis, hepatitis, or liver failure) must also be considered when performing this test.

Transferrin Saturation (% Saturation or % Saturation of Transferrin with Iron): The optimal range is 25 - 35%. When it is less than 17%, iron-deficiency anemia is possible. When it is greater than 45%, iron overload is possible. In either case, further testing might be necessary.

Iron & TIBC: This blood panel includes Iron, Serum Iron, Total Iron Binding Capacity (TIBC) and Transferrin Saturation (also known as % Saturation or % Saturation of Transferrin with Iron).

Lipid Panel: The Lipid Panel screens for blood findings associated with cardiovascular risk. It tests for total cholesterol, triglycerides, and HDL (High Density Lipoprotein) cholesterol. Studies have shown important cardiac risk factors include age, smoking status, hypertension (high blood pressure), diabetes, blood total cholesterol levels and blood HDL cholesterol levels. Fasting for 10-12 hours prior to the blood draw is preferred, but not required. However, people with diabetes should not fast. Check with your medical provider for specific recommendations. Drink water and continue to take prescription medications.

LDL (low density lipoprotein): Measures the level of LDL.

Magnesium: This test evaluates the level of magnesium in your blood to help determine the cause of abnormal levels of magnesium, calcium and/or potassium. Magnesium is vital for energy production, muscle contraction, nerve function and the maintenance of strong bones. It also regulates blood pressure, helps the heart to function normally, controls blood sugar level and supports the immune system.





Progesterone: Measures the level of Progesterone.

Serum Pregnancy Test (Qualitative HCG blood test): A basic pregnancy test that measures if human chorionic gonadotropin (HCG) is in your blood. HCG is a hormone produced in the body during pregnancy. Results will be reported as positive or negative. This test is useful in detecting pregnancy at 10 days (about 1 and a half weeks) or so after the date a woman is due to start her menstrual period. However, a "false negative test" can occur early in pregnancy.

Testosterone: This test will detect low testosterone or high testosterone levels in the blood. Testosterone is the main sex hormone in men and is responsible for male physical characteristics. It is present in the blood of both men and women and will help diagnose low sex drive, erectile dysfunction, infertility, or delayed or early puberty, for example.

Thyroid Stimulating Hormone (TSH): This test is a screening for thyroid function, and to detect mild and overt hypothyroidism (underactive thyroid) or hyperthyroidism (overactive thyroid). This test can help monitor therapy with thyroid hormone/Synthroid/Levothyroxine medication. TSH results can be used with Free Thyroxine (Free T4) levels to detect thyroid dysfunction.

Uric Acid: This screens for gout and monitors gout therapy. It also helps with diagnosis and treatment of kidney stone disease; monitoring patients receiving cytotoxic drugs or chemotherapy; and monitoring other disorders including leukemia, psoriasis, starvation, and other wasting conditions.

Urinalysis (UA): A urine sample is required. Urinalysis provides an overview of the function of the kidneys. The kidneys play a key role in the excretion of by-products of cellular metabolism, water regulation, and acid-base and electrolyte balance. A urinalysis screens for protein or red blood cells in the urine (kidney disease/kidney function) and bacteria and white blood cells in the urine (urinary tract infection/bladder infection).

Vitamin B12: An essential vitamin which is necessary for the formation of healthy red blood cells and proper nerve function. A deficiency in B12 can cause a condition known as Macrocytic Anemia in which red blood cells are larger than normal. Common causes for Vitamin B12 deficiency are malnutrition, liver disease, alcoholism, and malabsorption disorders such as Celiac Disease, Cystic Fibrosis, and Inflammatory Bowel Disease. A Vitamin B12 test may be ordered when a person is experiencing symptoms such as diarrhea, dizziness, fatigue, pale skin, loss of appetite, rapid heartbeat, shortness of breath, tingling or numbness in the extremities and a sore mouth or tongue.





Vitamin D (25-Hydroxy Vitamin D): This screening can provide an initial baseline level of Vitamin D before starting Vitamin D therapy, or to monitor Vitamin D levels if you take a Vitamin D supplement. Vitamin D deficiency is a worldwide problem. Your body requires Vitamin D to absorb calcium, and Vitamin D plays a vital role in protecting your bone health (preventing and treating osteoporosis).

IMPORTANT NOTE TO DIRECT ACCESS TESTING CONSUMERS:

Laboratory tests should not be the only tests to detect illness/disease/cancer or exclude its presence. All laboratory tests should be interpreted by a licensed medical provider, who will use your personal medical history (symptoms), family medical history, a physical examination and imaging studies (if indicated) to assess whether an illness/disease/cancer is likely, or not likely, in your specific situation.

It is your responsibility as a Direct Access Testing consumer to discuss your test results with your licensed medical provider. Further information on the usefulness of these tests is available on internet websites. The above descriptions are for your use as guidelines only. All laboratory screening tests are subject to "false positive results" and "false negative results."

