



Screening Tests

There are many different tests that may be ordered as part of your physical exam. Most tests are ordered based on national recommendations, age, health history, symptoms and family history. Special preparation may be recommended for some screening tests. Below are listed many of the tests that are commonly ordered.

Tests Covered With Wellness Exams

1. Lipid Panel:

This measures cholesterol, triglycerides, HDL, and LDL levels. Cholesterol levels help to determine your risk of coronary artery disease.

2. Glucose:

This is a simple test to screen for diabetes.

3. Pap Smear: (Women Only)

Pap smears test for abnormal cells of the cervix and cervical cancer. Since cervical cancer is primarily related to the human papilloma virus (HPV), guidelines for screening vary by age and health history. The frequency of pelvic exams also varies according to your risk.

4. Mammogram: (Women Only)

A screening for breast cancer using X-ray technology. Professional screening recommendations vary but traditionally begin at age 40, and occur every 1-2 years, with the frequency increasing to yearly at age 50. In high risk women, breast cancer screenings are adjusted based on specific risk factors.

5. Colonoscopy:

A test that screens for colon cancer, and precancerous/suspicious lesions in the large intestine. It is recommended for everyone at age 50 and repeated every 10 years unless otherwise indicated. In high risk individuals, screening may start sooner.

6. Bone Density:

This test measures your bone density and can help evaluate your risk of fractures get rid of the "s" and complications. Dual-energy X-ray absorptiometry (DXA) screening should begin at age 65 for women and men unless significant risk factors are present and testing would begin sooner.

Other Diagnostic Tests

These are optional tests that are not likely to be covered in a wellness exam

1. Complete Metabolic Panel (CMP):

This is a chemistry profile that screens liver function, kidney function, electrolytes and a variety of other proteins and chemicals. It also checks for diabetes.

2. Complete Blood Count (CBC):

This screens for anemia, and various other blood abnormalities in red and white blood cells and platelets.

3. Thyroid Testing (TSH):

This measures how well the thyroid gland is functioning. The thyroid plays a critical role in regulating your body's metabolism. Low levels can result in fatigue, weight gain, and other various symptoms. High levels can cause a rapid heart rate, diarrhea, weight loss, and other symptoms.

4. Urinalysis (UA):

This screens for kidney disease, infection, diabetes and bladder and kidney cancer.

5. Electrocardiogram (EKG) or (ECG):

This test records the electrical activity of the heart. It may be done to evaluate the health of your heart and for various symptoms (such as chest pain, fatigue, shortness of breath, dizziness, etc.) An EKG is frequently used in conjunction with other tests to examine heart function.

DOES MY INSURANCE COVER IT?

Most insurance covers preventative screenings, although individual policies vary in how often and when these test are covered. It is always best to check with your insurance carrier to see what screening is covered by your plan.

Copay and deductibles may apply.