

Sentara SelfTest Patient Waiver

I voluntarily agree to participate in this testing by Sentara Reference Laboratory. In order to perform this test, a blood sample will be drawn from my arm by a trained phlebotomist. I understand that as a result of this test, some soreness, discomfort, or bruising may occur at the site where the blood was drawn.

I, hereby, release Sentara Reference Laboratory, the physicians, and the employees associated with the screening from any and all liability arising from or connected with the implementation of this testing. I understand that this testing does not constitute a complete medical examination or diagnosis.

I understand that this exam may not detect all abnormalities that may be present. For diagnosis and treatment of any abnormality indicated by this testing, I must see my personal physician for a complete medical examination and for any questions relating to the results. If I do not have a physician, I may request one through Sentara HealthCare's Physician Referral service at 1-800-SENTARA. I understand and agree that all of my results from this testing may be included in my electronic medical record.

NOTICE OF DEEMED CONSENT FOR INFECTIOUS DISEASE TESTING: Virginia Code Section 32.1-45.1 provides that when either a person providing health care service or a patient is directly exposed to the body fluids of the other in a way that may transmit human immuno-deficiency virus or Hepatitis B or C virus, such other person is deemed to have consented to testing for those viruses and to release of the test results to the person so exposed, and actual consent is not required.

I acknowledge that I am solely responsible for seeking any follow-up evaluation, diagnosis, and treatment. I have read this form and agree with its contents.

X _____
Participant Signature Date

Sentara SelfTest Order Form

Sentara SelfTest from Sentara Laboratory Services allows patients to proactively monitor their health. Please choose from the tests listed below and pay any fees. We encourage you to share your results with your physician.

<input type="checkbox"/>	Basic Metabolic Panel (BMP) 6707	\$30
<input type="checkbox"/>	Blood Alcohol level - 6203	\$23
<input type="checkbox"/>	Cholesterol - 6617	\$10
<input type="checkbox"/>	Complete Blood Count (CBC) 12100	\$10
<input type="checkbox"/>	Complete Metabolic Panel (CMP) 10032	\$35
<input type="checkbox"/>	Drug Test Urine (5 Panel) - 7699	\$40
<input type="checkbox"/>	Estimated Average Glucose (Hgb A1c) -10931	\$25
<input type="checkbox"/>	Ferritin - 7130	\$20
<input type="checkbox"/>	Glucose - 6601	\$12
<input type="checkbox"/>	Glycolated Hemoglobin (Hgb A1c) - 10931	\$25
<input type="checkbox"/>	HDL Cholesterol - 6870	\$25
<input type="checkbox"/>	High Sensitivity CRP - 11800	\$45
<input type="checkbox"/>	Complete Lipid Profile - 11001	\$20
<input type="checkbox"/>	Pregnancy Test - 6158	\$25
<input type="checkbox"/>	Prothrombin Time (PT) 1251	\$22
<input type="checkbox"/>	Prostate Specific Antigen (PSA) - 11051	\$30
<input type="checkbox"/>	Thyroid Stim. Hormone (TSH) - 7250	\$25
<input type="checkbox"/>	Triglycerides - 6930	\$9
<input type="checkbox"/>	Urinalysis Screen 17500	\$12
<input type="checkbox"/>	Vitamin D - 8713	\$54
Total:		\$

Client Code: 5440 SelfTest: 8889

RESULT MAILING ADDRESS:

Name: _____

Date of Birth: _____

Address: _____

City, State, Zip: _____

Primary Contact Phone: _____

Sentara Self Test

Start Monitoring Your Health Now.

You can now order a wide variety of medical testing that allows you to proactively monitor your health – simply, securely and conveniently with Sentara *SelfTest*. To take advantage of this service, testing information and instructions are provided inside this brochure.



Sentara SelfTest Menu

Basic Metabolic Panel (BMP)

The Basic Metabolic Panel (BMP) is a group of 8 specific tests that offer important information about the current status of your kidneys, electrolyte and acid/base balance, blood sugar, and calcium levels.

Blood alcohol

A blood alcohol test measures the amount of alcohol (ethanol) in your body. The goal of testing is to identify the presence of alcohol in order to effectively treat an intoxicated person's symptoms. This test does not meet the chain-of-custody requirements of a legal blood alcohol level.

Complete Blood Count (CBC)

The Complete Blood Count (CBC) test is typically used to screen for such disorders as anemia, infection, and many other diseases. CBC testing is an automated count of the cells in the blood. It provides information about the white blood cell (WBC), red blood cell (RBC), and platelet populations present.

Cholesterol

This test measures total cholesterol only, which helps in assessing risk for heart disease. A more thorough assessment of this risk is the complete lipid profile.

Complete Metabolic Panel (CMP)

The Comprehensive Metabolic Panel (CMP) is typically a group of 14 specific tests that offer important information about the current status of your kidneys, liver, and electrolyte and acid/base balance as well as of your blood sugar and blood proteins.

Drug Test

Testing for drugs of abuse or "drugs of abuse screening" is the detection of the presence of both legal and illegal substances. This test panel screens for the existence of amphetamines, opiates, cocaine, cannabinoids and PCP.

Estimated Average Blood Glucose (HgbA1c)

Estimated Average Blood Glucose (eAG), like Hgb A1c, indicates glucose levels present over an extended period of time (2-3 months), aiding in overall glucose management to prevent or delay the development of long-term complications. Patients ordering this test will also receive Hgb A1c results.

Ferritin

Testing for ferritin detects how much iron your body has stored for future use. Typically, ferritin levels are low in persons with an iron deficiency.

Glucose

This test determines if your blood glucose level is within healthy ranges; to screen for, diagnose, and monitor hyperglycemia (high blood glucose), hypoglycemia (low blood glucose), diabetes, and pre-diabetes.

Glycated Hemoglobin (Hgb A1c)

GHB or HbA1c test provides you with the "big picture" view of your average blood sugar as it measures the amount of glycated hemoglobin in the bloodstream over a 120-day period. Glycated Hemoglobin-this test examines the blood for levels of hemoglobin A1C or glycated hemoglobin.

HDL Cholesterol

The test for HDL measures the amount of HDL-cholesterol in blood. HDL cholesterol is often termed "good" cholesterol.

High-sensitivity CRP

This test is often ordered as C reactive proteins (CRP) are shown to be an indicator of risk of cardiovascular disease in apparently healthy people. CRP is a substance made by the liver and secreted into the bloodstream, increasing when inflammation is present.

Complete Lipid Profile

The lipid profile is a group of tests that are often ordered to determine risk of coronary heart disease. The lipid profile includes total cholesterol, HDL-cholesterol (often called good cholesterol), LDL-cholesterol (often called bad cholesterol), and triglycerides. **Fasting required for 10-14 hours prior to test and patients should also refrain from drinking coffee prior to testing.**

Pregnancy Test

Testing confirms and monitors pregnancy.

Prothrombin Time

The prothrombin time (PT) test measures how long it takes for a clot to form in a blood sample. The PT test evaluates the integrated function of these factors and the body's ability to produce a clot in a reasonable amount of time.

Prostate Specific Antigen (PSA)

To screen asymptomatic and symptomatic men for prostate cancer, to help determine the necessity for a biopsy of the prostate, to monitor the effectiveness of treatment for prostate cancer, and to detect recurrence of prostate cancer.

Thyroid Stimulating Hormone (TSH)

This test measures the amount of thyroid-stimulating hormone (TSH) in your blood. This test screens for and assists in the diagnosis of thyroid disorders; to monitor treatment of hypothyroidism and hyperthyroidism. **Test best taken in morning.**

Triglycerides

To assess the risk of developing heart disease as the test measures the amount of triglycerides in your blood. Triglycerides are the body's storage form for fat.

Urinalysis

To screen for metabolic and kidney disorders and for urinary tract infections. A urinalysis is a group of tests that detect and semi-quantitatively measure various compounds that are eliminated in the urine, including the byproducts of normal and abnormal metabolism as well as cells, including bacteria, and cellular fragments.

Vitamin D

Vitamin D testing is used to determine if bone weakness, bone malformation or abnormal metabolism of calcium (reflected by abnormal calcium, phosphorus, PTH) is occurring as a result of a deficiency or excess of Vitamin D. Vitamin D testing is also used to determine if your Vitamin D supplementation level is appropriate, if you are receiving Vitamin D therapy.

Start Monitoring Your Health Now - Here's How It Works:

Step 1: Please visit any of the Sentara outpatient pharmacies/health centers listed below to order Sentara SelfTests and process payment.

Step 2: Take payment receipt, enclosed order form and patient waiver to onsite drawsite locations listed below for specimen collection.

Step 3: Review and sign patient waiver prior to specimen collection. Results will be mailed to the address you provide. Patients are strongly encouraged to share results with their personal physician. If necessary, an independent physician will contact you should any critical results be discovered.

Sentara Norfolk General Hospital Outpatient Pharmacy
600 Gresham Drive
Norfolk, VA 23507
Mon. – Fri., 9a.m. – 6 p.m.

Greenbrier Healthplex
713 Volvo Parkway
Chesapeake, VA 23320
757/282-4010
Mon. - Fri., 7 a.m. – 5 p.m.
Saturday, 8 a.m. - 11:30 a.m.

Sentara Virginia Beach General Hospital - Cashier
1060 First Colonial Rd.
Virginia Beach, VA 23454
Mon., Tues., Th. & Fri., 8:15 - 4 p.m.
Wed., 8:15 - 3:30 p.m.

Sentara Careplex Hospital Pharmacy
3000 Coliseum Drive
Hampton, VA 23666
Mon. – Fri., 9 a.m. – 5:30 p.m.

Sentara Leigh Hospital Registration
830 Kempsville Rd.
Norfolk, VA 23502
Mon. - Fri. 9 a.m. - 4:30 p.m.

Sentara Bayside Registration
800 Independence Blvd.
Virginia Beach, VA 23455
Mon. - Fri., 9 a.m. - 4:30 p.m.

Sentara Obici Pharmacy
First floor
2800 Godwin Blvd.
Suffolk, VA 23434
Mon. - Fri. 9 a.m. - 4:30 p.m.

Sentara Port Warwick II Registration
1031 Loftis Blvd.
Newport News, VA 23606
Mon. – Fri., 7 a.m. – 3:30 p.m.

Sentara Williamsburg Regional Medical Center Pharmacy
100 Sentara Way
Williamsburg, VA 23188
Mon. – Fri., 10:00 a.m. – 5 p.m.

Sentara Princess Anne Retail Pharmacy
1975 Glenn Mitchell Dr.
Virginia Beach, VA 23456
Monday – Friday
9:00 a.m. – 5:00 p.m.