

# Low Cost Health Screenings

- **FOCUS ON HEALTH.** Parkview Focus on Health is a series of community health fairs held in various locations throughout the Allen County area, providing free health screenings, low-cost labs and interactive learning centers. Join us to start your journey toward enhanced health and well-being. You must be 18 or older to participate. For more information, call 260-266-2472. <https://www.parkview.com/well-being/center-for-healthy-living/programs-services/focus-on-health>
- **CHECK UP DAY - PARKVIEW CENTER FOR HEALTHY LIVING.** <https://www.parkview.com/well-being/center-for-healthy-living/programs-services/check-up-days>

## WHAT TO EXPECT

Free health checks at all locations include:

- Blood pressure
- Height/weight/BMI measurements
- Vision

Select locations may also offer the following free health checks:

- Blood pressure
- Height/weight/BMI measurements
- Vision

*Additional screenings, such as dental, podiatry, skin and mammography may be included as available at various sites. Fees may apply.*

## LOW-COST LAB WORK OPTIONS INCLUDE:

### 1) Wellness Packages | Fasting Required\*

- **Wellness Package A** | Cost: \$ 35 | *This basic wellness package includes: Lipid profile + Comprehensive Metabolic Profile\*\**
- **Wellness Package B** | Cost: \$ 45 | *Includes Package A + Hemogram*
- **Wellness Package C** | Cost: \$ 80 | *Includes Package B + Hemoglobin A1C, Thyroid Stimulating Hormone (TSH)*
- **Wellness Package D** | for males over 50 | Cost: \$105 | *Includes Package C + Prostate Specific Antigen (PSA)*

*\*In preparation for wellness package screenings, please fast for 10-12 hours. Sips of water with regular medications are ok. Please call if you have additional questions.*

### 2) Single Tests | Fasting Not Required

- **Hemogram** | Cost: \$10
- **Prostate Specific Antigen (PSA)** | Cost: \$30
- **Thyroid Stimulating Hormone (TSH)** | Cost: \$30
- **Hemoglobin A1C** | Cost: \$20
- **Vitamin D** | Cost: \$40

*Please note: pricing is subject to change.*

### **MAMMOGRAPHY**

Mammography is offered through the Francine’s Friends Mobile Mammography program. The Francine’s Friends Mobile Mammography coach brings high-quality, lifesaving mammography screening to women across northeast Indiana at locations more convenient to their homes or workplaces. To learn more and to schedule your annual mammogram, call 260-266-8120. Appointments are recommended to ensure each woman is scheduled according to her needs. We look forward to serving you!

### **OTHER INFORMATION**

Anyone age 18 or older is welcome to participate in Parkview Focus on Health. Appointments are not scheduled (with the exception of mammography) and participants are served on a first come, first served basis.

Cash, personal checks and credit/debit cards are accepted forms of payment for services with a fee. Prices are subject to change.

If you plan to have labs drawn, fasting for 10 – 12 hours is recommended. If you have diabetes, check with your physician prior to fasting.

Depending on the location and the services in which you choose to participate, the health fair may take 30 minutes to over two hours. Lab results will be available in your Parkview MyChart within five days and/or will be mailed to you within four weeks.

\*\*Lipid Profile includes: Cholesterol and Triglycerides, HDL (High-Density Lipoprotein) Cholesterol, LDL (Low-Density Lipoprotein) Cholesterol.

Comprehensive Metabolic Profile includes: Albumin, Alkaline Phosphatase (ALP), ALT, AST, Blood Urea Nitrogen, Calcium, Carbon Dioxide, Creatinine, Glucose, Potassium, Sodium, Total Bilirubin, Total Protein.

### **COMMUNITY HEALTH RESOURCE DIRECTORIES**

The St. Joseph Community Health Foundation, with support from its sponsor, the Poor Handmaids of Jesus Christ, has a quick and easy reference for these free and low-cost health resources in the Allen County, Indiana area.

Please go to: <https://sjchf.org/directories>

