

Affordable Wellness Plan™

The Little Monster

The Affordable Wellness Little Monster Plan™ blood test consists of the following panels with details below:

- Lipid Profile
- Liver Profile
- Kidney Panel
- Minerals and Bone
- Fluids and Electrolytes
- Diabetes Screening (fasting glucose)

Liver Profile

Alanine aminotransferase (ALT or SGPT) - an enzyme found primarily in the liver. Abnormalities may represent liver disease.

Albumin - serum one of the major proteins in the blood and a reflection of the general state of nutrition

Albumin/Globulin ratio - Calculated by dividing the albumin by the globulin

Alkaline phosphatase - A body protein important in diagnosing proper bone and liver functions

Aspartate aminotransferase (AST or SGOT) - an enzyme found in skeletal and heart muscle, liver and other organs. Abnormalities may represent liver disease.

Bilirubin, Total - A chemical involved with liver functions. High concentrations may result in jaundice.

Globulin, Total - A major group of proteins in the blood comprising the infection fighting antibodies

Lactate Dehydrogenase (LDH) - An enzyme found mostly in the heart, muscles, liver, kidney, brain, and red blood cells. When an organ of the body is damaged, LDH is released in greater quantity into the blood stream.

Protein, Total - Together with albumin, it is a measure of the state of nutrition in the body.

GGT - GGT Also known as: Gamma-glutamyl transpeptidase, GGTP Formal name: Gamma-glutamyl transferase helps to detect liver and bile duct injury. Some doctors use it in all people they suspect of having liver disease, others use it only to help explain the cause of other changes or if they suspect alcohol abuse

Kidney Panel

Urea Nitrogen (BUN) - A by-product of protein metabolism eliminated through the kidneys. BUN is an indicator of kidney function.

Creatinine, Serum - An indicator of kidney function

Uric acid - Another by-product of protein metabolism eliminated through the kidneys. Uric acid is an indicator of kidney function.

Bun/Creatinine - Ratio Calculated by dividing the BUN by the Creatinine.

Lipid Profile

Cholesterol, Total - A sterol in the blood Knowing your cholesterol may be as important as knowing your blood pressure. Elevated cholesterol is associated with an increasing risk of coronary heart disease.

HDL - Cholesterol High-density lipoproteins are believed to take cholesterol away from cells and transport it back to the liver for processing or removal. They have become known as the "good" cholesterol as persons with high levels of HDL may have less heart disease. Low HDL could be the result of smoking and lack of exercise.

LDL - Cholesterol Low-density lipoproteins contain the greatest percentage of cholesterol and may be responsible for depositing cholesterol on the artery walls. For that reason, they could be known as the "bad" cholesterol.

Cholesterol/HDL Ratio - Calculated by dividing the total cholesterol by the HDL cholesterol. Ratio used by physicians in determining your relative risk for developing cardiovascular heart disease.

Triglycerides - Triglycerides is a fat in the blood responsible for providing energy to the cells of the body. Triglycerides should be less than 400 mg/dl even in a non-fasting state.

Bone and Minerals

Iron, Total - An abnormally low test result may indicate iron deficiency anemia.

Calcium - A mineral essential for development and maintenance of healthy bones and teeth. It is important also for the normal function of muscles, nerves and blood clotting.

Phosphorus - Together with calcium, it is essential for healthy development of bones and teeth. Associated with hormone imbalance, bone disease and kidney disease. It is found mainly in bones and teeth. NOTE: a temporary drop in phosphorus level can be seen after a meal.

Fluids & Electrolytes

Chloride, Serum - Similar to sodium, it helps to maintain the body's electrolyte balance.

Potassium - Helps to control the nerves and muscles.

Sodium, Serum - One of the major salts in the body fluid; sodium is important in the body's water balance and the electrical activity of nerves and muscles.

Glucose

Glucose - Blood sugar level, the most direct single test to uncover diabetes, may be used not only to identify diabetes, but also to evaluate how one controls the disease.

Blood tests should be part of your annual "wellness" checkup. The AWP is the most comprehensive overall profile, with blood test results on all major organs of your body. Help find heart disease, prostate or diabetes. No waiting period for FREE HRA's and discounted lab work. Short waiting period for annual Little MONSTER lab test.

34 blood test results.

5 FREE ONLINE HEALTH RISK ASSESSMENTS

General Health Assessment

Provides you with key health information and lifestyle issues.

Health Risk Assessment

Provides you with health risks and key habits that you can change to live healthier.

Cardiac Risk Assessment

Will help you determine your risk for heart disease and stroke.

Diabetes Risk Assessment

one in three people who have diabetes don't even know it. Are you at risk?

Fitness Assessment

How fit are you? Measure your current level of fitness.

[See fulfillment kit for website address.](#)

Our Assessments

Cardiac Risk Assessment

The Cardiac Risk Assessment will help you determine your risk for heart disease and stroke.



Heart Disease CAD

Heart disease, or CAD, is a leading cause of death of adult American men and women.

Diabetes Risk Assessment

One in three people who have diabetes don't even know it. Are you at risk?

Diabetes

Did you know that diabetes, if unchecked, can lead to very serious conditions such as kidney problems, blindness, and amputations?

Fitness Assessment

How fit are you? Measure your current level of fitness with our in-home assessment.

Health Risk Assessment

Our Health Risk Assessment provides you with your health risks and key habits that you can change to live healthier.

General Health Assessment

Our General Health Assessment provides you with key health information and lifestyle issues.