

## Affordable Wellness Plan™

### The MONSTER Plan

## \$500+ Free Super Life Saving Wellness plan

Serious medical conditions such as:

- ♥ Heart Disease
- ♥ Prostate Cancer
- ♥ Diabetes
- ♥ High Cholesterol
- ♥ And More...

**Can** go undetected for up to two years without noticeable symptoms. Comprehensive blood work performed routinely could help prevention and/or early detection of diseases. The earlier a problem is detected the easier and more likely it is to be treatable. Both disease prevention and early detection could save your life.

[Affordable Wellness Plans](#) is proudly assisting in the prevention and/or early detection of diseases by providing a simple, low cost, high-quality screening program directly and confidentially to its members. The program does not require a Doctor's appointment. A doctor's lab order is provided. Members can get their blood tests done with savings of up to 80% off typical laboratory costs. The tests available are the same lab tests offered by Physicians, and are analyzed by the same Clinical Laboratory Improvement Amendments (CLIA) – certified, accredited labs such as Lab Corp. [Affordable Wellness Plan](#) members save the cost of the doctor's visit to order the lab work.

The Wellness Blood Test Panel offered by [Affordable Wellness Plans](#) includes blood panels\* and profiles\* on the major organs of your body as shown below:

The Affordable Wellness Plan™ \$500+ blood test consists of the following panels with details below:

- Complete Blood Count (CBC)
- Lipid Profile
- Liver Profile
- Kidney Panel
- Thyroid Profile w/TSH (Women)
- PSA Screening (Men)
- Minerals and Bone
- Fluids and Electrolytes
- Diabetes Screening (fasting glucose)
- Urinalysis

- Estrogens (women optional)
- CA125 Ovarian cancer test (women optional)
- Hemoglobin (HGB)a1c (optional)
- Testosterone (optional)
- Vitamin D, hydroxy (optional)
- Thyroid with TSH (optional)

## Complete Blood Count

WBC- White blood cells are the body's primary defense against disease. White blood cells help fight infection.

RBC- Red blood cells are responsible for carrying oxygen and carbon dioxide to all cells. Iron deficiency will lower RBC.

Hemoglobin-A chemical compound inside red cells that transports oxygen through the blood stream to all cells of the body. Oxygen is needed for healthy organs. Hemoglobin gives the red color to blood.

Hematocrit - Hematocrit measures the amount of space red blood cells take up in the blood. It is reported as a percentage.

Lymphocytes-The results of this and basophils, eosinophils, monocytes and neutrophils deal with white blood cell function. Important to the body's defense against infection. Also important in the assessment of nutritional status.

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MCH Mean-Corpuscular Hemoglobin is one way to measure the average hemoglobin concentration within red blood cells, which varies from normal with different diseases.

MCHC Mean-corpuscular hemoglobin concentration

MCV Mean-corpuscular volume measures red blood cell volume.

Monocytes- Important in the assessment of nutritional status

Neutrophils- The results of this and basophils, eosinophils, lymphocytes, and monocytes deal with white blood cell function. Important to the body's defense against infection and also important in the assessment of nutritional status

Platelets- Blood cell particles involved with the forming of blood clots.

RDW- Red cell distribution width (RDW) is a calculation of the variation in the size of your RBC's. In some anemias, such as pernicious anemia, the amount of variation (anisocytosis) in RBC size (along with variation in shape – poikilocytosis) causes an increase in the RDW, esterol, heart disease, blood tests, cholesterol, heart disease

## **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.

## **Thyroid Panel (Women)**

Total T-4 (Thyroxine) -Thyroxine is the thyroid function that contains four atoms of iodine. It is the measurement of the total T4 concentration in the blood stream.

T-3 uptake - This test is an indirect measurement of unsaturated thyroxine binding globulin in the blood.

Free Thyroxine Index (FTI) T-7 - This index is a calculation used to correct the estimated total thyroxine for the amount of thyroxine binding globulin present. It uses the T4 value and the T-uptake ration.

Thyroid Stimulating Hormone (TSH) - TSH, produced by the anterior pituitary gland, causes the release and distribution of stored thyroid hormones. The thyroid gland synthesizes, stores, and releases hormones. The hormones secreted are iodine containing amino acids, thyroxine (T4) and triiodo-thyronine (T3).

## **PSA (Men)**

**Prostate cancer is the most common non-skin cancer in America, affecting 1 in 6 men. In 2013 more than 238,000 men will be diagnosed with prostate cancer, and more than**

**30,000 men will die from the disease. It is estimated that over the next 10 years in the United States, approximately 8 million men under age 64 will be determined to have elevated PSA scores (prostate-specific antigen) without formal determination of prostate cancer, and 1 million men under age 64 will be diagnosed with prostate cancer. Overall, 1.6 million men have elevated PSA, and about 30% of them will be diagnosed with prostate cancer.**

The prostate specific antigen (PSA), is a protein made only in the prostate gland. PSA is produced by normal, abnormal and cancerous prostatic tissue. The PSA blood test is an accurate measure of this amount. The theory is that cancer causes more of the protein to be made and leaked into the blood than normal prostate tissue, so PSA is now used for assisting in the diagnosis and monitoring of prostatic carcinoma.

## **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.

## **Urinalysis**

This panel is useful in the evaluation of conditions such as urinary tract infection, dehydration, and kidney stones.

Test Includes: Color, appearance, specific gravity, pH, protein, glucose, occult blood, ketones, leukocyte esterase, nitrite, bilirubin, urobilinogen, and microscopic examination of urine sediment.

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 60 days for FREE \$500 Annual MONSTER Lab Physical

71 blood tests

### Optional Tests

**Estrogens, Total Hormone ( women) regular \$148, your cost \$74, saving you \$74!**

Results: 5 Business days

**Description:**

Total Estrogen is a measurement of overall estrogen status. Clinically this is important in evaluating symptoms of menopause, cardiovascular risk, and bone health in aging women.

Because estrogen hormones such as estradiol and estrone fluctuate during a woman's cycle and even in menopause, some doctors believe that the total estrogen measurement is a more reliable test of estrogen status.

This test does not include a breakdown of each individual estrogen level.

**CA125- (Ovarian Cancer test) (women) regular \$125, your cost \$59, saving you \$66!**

Results: 2-3 Business days

**Description:**

Primarily used to monitor ovarian cancer. Levels may also be elevated in Endometrial, fallopian tube, breast, lung, esophageal, gastric, liver, and pancreatic cancers.

**Hemoglobin (Hgb)A1c regular \$66, your cost \$39, saving you \$27!**

Results: 1-2 Business Days

**Description:**

This non-fasting test, also known as A1c, HbA1c, Glycohemoglobin, or Glycated hemoglobin, indicates how well you have controlled your diabetes over the last few months. Even though you may have some very high or very low blood glucose values, Hemoglobin A1C will give you a picture of the average amount of glucose in your blood over that time period. While the

Hemoglobin A1C is the standard tool to determine blood sugar control for patients with diabetes, it is not a substitute for daily, routine blood glucose testing.

**Testosterone, Free & Total Hormone** regular \$354, your cost \$79, saving you \$275!

**Results:** 5-7 Business Days

**Description:** Testosterone is a hormone that causes male characteristics. The blood level is used by men to investigate abnormal sexual development and sexual dysfunction. Small amounts are produced in women's ovaries and levels are tested to evaluate virilization.

The concentration of free testosterone is very low, typically <2% of the total testosterone concentration. In most men and women, >50% of total circulating testosterone is bound to sex hormone-binding globulin, SHBG, and most of the rest is bound to albumin.

Testosterone circulates almost entirely bound to transport proteins. Normally less than 1% is free. Testosterone measurements are used to assess erectile dysfunction, infertility, gynecomastia, osteoporosis, and hormone replacement therapy.

**Vitamin D, hydroxy** regular \$233, your cost \$66, saving you \$167!

**Results:** 3-5 Business Days

**Description:**

This highly automated test measures both D2 and D3 together and reports a total 25-hydroxy.

Vitamin D is also known as the "sunshine vitamin" because the body manufactures the vitamin after being exposed to sunshine. Ten to 15 minutes of sunshine 3 times weekly is enough to produce the body's requirement of vitamin D. Needed for strong bones and teeth, Vitamin D helps your body absorb the amount of calcium it needs. It also has other roles in the body, including modulation of cell growth, neuromuscular and immune function, and reduction of inflammation. There are associations between low Vitamin D levels and peripheral vascular disease, certain cancers, multiple sclerosis, rheumatoid arthritis, juvenile diabetes, Parkinson's, and Alzheimer's disease.

Foods that are rich in Vitamin D:

- milk fortified with vitamin D
- fish
- egg yolks
- liver
- fortified cereal

**Thyroid Panel w/TSH** regular \$174, your price \$49, saving you \$125!

**Results:** 2-3 Business Days

**Description:**

Critical to your metabolism, thyroid function affects your energy level, heart rate, weight control, plus more. The thyroid-stimulating hormone is produced in the pituitary gland and serves to stimulate the production of thyroid hormones. The TSH helps identify an overactive or underachieve thyroid state.

**Tests Included:**

T-3 Uptake  
Thyroxine (T4) Total  
Free thyroxine index (T7)  
TSH

**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.](#)