HRRMC Direct Access Laboratory Testing Consent

REQUEST FOR LABORATORY EVALUATION TO BE REPORTED TO PATIENT ONLY
(PATIENT SELF-REFERRAL FOR TESTING)

HEART OF THE ROCKIES
REGIONAL MEDICAL CENTER

Check	Test Name/Type	Price	Instructions
☐	Blood Count	$30	
☐	CMP (Comprehensive Metabolic Profile)	$35	*Includes: Sodium, Potassium, Chloride, CO2,* ***Glucose****, BUN, Creatinine, eGFR, Total Bilirubin, ALT, AST, ALK Phos, Total Protein, Albumin, Globulin and Calcium*
☐	HGB A1C (Hemoglobin A1C)	$35	
☐	Lipid Panel	$25	*Includes Cholesterol, Triglyceride, HDL, LDL, Fasting Recommended, Diabetics should not fast*
☐	Magnesium	$20	
☐	Pregnancy Test	$20	
☐	PSA (Prostate Specific Antigen)	$35	*For those assigned male at birth.*
☐	Uric Acid	$20	
☐	Urinalysis	$20	*Clean Catch collection is preferred.*
	HORMONES		
☐	Estradiol	$45	
☐	FSH (Follicle Stimulating Hormone)	$45	
☐	LH (Luteinizing Hormone)	$45	
☐	Progesterone	$45	
☐	Testosterone	$45	
	IRON TESTING		
☐	Ferritin	$25	
☐	Iron	$20	
☐	Iron and TIBC	$30	
	THYROID		
☐	FT3 (Free T3)	$30	
☐	FT4 (Free T4)	$30	
☐	TSH	$30	
	VITAMINS		
☐	Folate	$20	
☐	Vitamin B12	$20	
☐	Vitamin D (25Hydroxy Vitamin D)	$45	
	TOTAL		

Patient Name _____ **DOB** _____

Address _____ **City, State** _____ **Zip code** _____

Patient email _____ **Valid phone number** _____

Emergency contact/relationship (required) _____ **Emergency contact phone** _____

Note: Laboratory test results are not sent to your medical provider. You are responsible for distributing your reports to your medical provider and for scheduling a follow-up appointment to discuss your results with your medical provider.

☐ **I acknowledge that all results will be available through my patient portal. Results will not be mailed to my home.**

For a paper copy of your results, please contact Medical Records at 719-530-2285.
For patient portal assistance, please contact the Patient Portal Support Line at 719-530-2442.

I agree that this testing is being requested for the purpose of providing information to myself, so I can compare my results with the laboratory's established reference ranges (so-called normal ranges). I understand that no medical interpretation, medical advice, or medical expertise will be provided by HRRMC, its Laboratory Director, its staff or employees. No doctor-patient relationship exists between the Laboratory Director and myself, the requestor of the tests. No doctor-patient relationship exists between the HRRMC staff medical providers and myself, unless I have specifically scheduled a consultation with a medical provider who has agreed to accept the responsibility of a formal provider/patient relationship with myself.

☐ **I have read, understand and agree to the legal terms/waiver of patient directed testing:**

Patient Signature _____ **Date** _____

_____ _____

Legal Guardian/Parent Name (printed) Date required for test subjects less than 18 years old

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Legal Information / Disclaimer and Waiver

The HRRMC Laboratory provides Direct Access Laboratory Testing (DALT), including accompanying reference ranges (expected normal ranges), for your informational purposes only. Direct Access Laboratory Testing cannot substitute for medical advice, diagnosis or treatment. Diagnosis and treatment of human illness should be based on your medical history, including your family's medical history, and a physical examination, along with your medical provider's professional judgment and review of test results.

The laboratory results of the Direct Access Laboratory Testing (DALT) require additional expert interpretation and do not substitute for medical advice, diagnosis or treatment, which should be based on your medical provider's professional judgment, including his/her review of your test results, the findings of physical examination, and the review of your personal and family medical history. Always seek the advice of your medical provider if you have any questions, and before you stop, start or change any treatment plan, including the use of medication.

If you do not have a personal medical provider, the HRRMC Laboratory Manager (719-530-2261 or 719-530-2262) will provide you with the list and phone numbers of local licensed healthcare providers, so you can contact a provider for medical advice, diagnosis and treatment.

URGENT/EMERGENT RESULTS: The client purchasing DAT services understands that DAT services are not appropriate for urgent or emergent medical conditions or needs. Clients experiencing urgent or emergent medical conditions should call their medical provider to obtain a medical provider's order for obtaining urgent or emergent laboratory reporting of the results to the provider for their immediate interpretation.

LIMITATIONS OF LABORATORY TESTING: Your laboratory tests are completed in a CLIA-certified laboratory, utilizing stringent quality-control standards. However, no guarantees are made with respect to accuracy, completeness, errors or omissions of content. In no event will HRRMC, its Laboratory Director, or HRRMC personnel be liable for any decision made, action taken, or action omitted, based upon the information provided through this Direct Access Laboratory Testing program. The tests provided are known to have a certain percentage of false-negative results (disease is present, but lab value is normal), and false-positive results (no disease is present, but lab value is abnormal). Therefore, whether your lab results are normal or abnormal, you should consult with your physician/healthcare provider to determine the significance of your laboratory values. The HRRMC Laboratory Director and the laboratory personnel will not be interpreting your results, acting on your results, or giving medical advice concerning the significance of your lab values.

NORMAL RESULTS: A normal laboratory result does not exclude the presence of serious disease, such as cancer. People with cancer and other serious diseases can have normal laboratory values. Pregnant women can have negative pregnancy tests if the test is performed early in pregnancy. Up to one in four men with prostate cancer will have a normal Prostate Specific Antigen (PSA) result. PSA testing should always be accompanied by a digital rectal examination, which is part of a regular examination by your personal medical provider.

ABNORMAL RESULTS: Abnormal laboratory results do not necessarily mean that disease is present. Many variables, including diet, exercise, medications/supplements, and inflammatory conditions can affect laboratory values. In addition, the conditions to which blood or urine is subjected during and after collection (before being tested in the laboratory) can affect laboratory values.

LEGEND FOR INTERPRETING RESULTS ON REPORTS: I understand that results outside the expected "normal" reference range will be indicated as letters next to the numerical value result. "H" means high value, "L" means low value, "HC" means "high critical" value, "LC" means "low critical" value.

CRITICAL VALUE RESULTS: Certain laboratory values are considered "critical values" (or alert values). Critical value results are lab results which are considered life-threatening and require urgent medical attention by a healthcare provider, such as your personal medical provider or an emergency room physician. If your test shows a "critical value," the laboratory staff will call you to give you the critical value result, and will recommend that you contact a physician/healthcare provider immediately. If the Lab cannot reach you by leaving a voicemail for you, you are also agreeing that HRRMC Lab can call your listed "Emergency contact," in order to ask them to help us notify you to call the HRRMC Lab immediately. It is your responsibility to immediately report any critical value to your healthcare provider, or to a nearby emergency room physician, if you do not have a provider. The Laboratory will not be calling your medical provider with any critical values obtained.

PRIVACY: HRRMC respects your privacy. Personal information collected from customers will not, unless required by law, be shared with any third party. The primary reason we collect personal information is for identification purposes and to enable you to obtain your test results. We do not distribute unsolicited e-mails, nor, unless required by law, do we share the names of customers with any third party.

PAYMENTS: I understand that full payment is expected at the time of specimen collection. No other billing will occur, and there is no refund option available.

HRRMC EMPLOYEE EXPOSURE POLICY: You understand that the HRRMC Laboratory has a policy to test for viral Hepatitis and HIV (AIDS) in the event that a Lab employee sustains an accidental exposure to your blood. You are consenting to viral Hepatitis testing and HIV (AIDS) testing of your blood sample in the event of employee exposure to your blood. The results of any such testing will be shared with you.

THIRD PARTY PAYMENT OR REIMBURSEMENT: Direct Access Laboratory Testing may or may not be reimbursed by a health insurance company or by Medicare, Medicaid, or any other city, state or federal program. Please check with your health insurance company or with Medicare, Medicaid, or any other city, state or federal program.

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Laboratory Screening Tests

Blood Count: This screening measures the total number of white blood cells, red blood cells (with hematocrit and hemoglobin levels), and platelets. The white blood cell number is used as an indicator of possible infection, immune status and some leukemias; the red blood cell number (and hemoglobin/hematocrit) is a possible indicator of anemia or polycythemia; the platelet number may indicate bleeding disorders.

CMP Comprehensive Metabolic Profile: This tests for liver function, kidney function, electrolytes, acid/ base balance, blood proteins, blood glucose (also known as blood sugar, which tests for diabetes).

Hemoglobin A1C (HGB A1C): This test screens for diabetes by measuring your average blood sugar control for the past 2 to 3 months. For people with known diabetes, it indicates how well your diabetes treatment plan is working.

Lipid Panel: The Lipid Panel screens for blood findings associated with cardiovascular risk. It tests for total cholesterol, triglycerides, HDL cholesterol, LDL cholesterol, and VLDL cholesterol. Studies have shown important cardiac risk factors include age, smoking status, hypertension (high blood pressure), diabetes, blood total cholesterol levels, and blood HDL cholesterol levels. Fasting for 10-12 hours prior to the blood draw is recommended, but not required.

Magnesium: This test evaluates the level of magnesium in your blood to help determine the cause of abnormal levels of magnesium, calcium, and/ or potassium. Magnesium is vital for energy production, muscle contraction, nerve function, and the maintenance of strong bones. It also regulates blood pressure, helps the heart to function normally, controls blood sugar level, and supports the immune system.

Pregnancy Test: A basic pregnancy test measures if human chorionic gonadotropin (HCG) is in your blood. HCG is a hormone produced in the body during pregnancy. Results are reported as positive or negative. This test is useful in detecting pregnancy at 10 days or so after the date a woman is due to start her menstrual period. However, a “false negative test” can occur early in pregnancy.

Prostate Specific Antigen (PSA): PSA is a blood-screening test for any person born with a prostate, measuring a protein that is only produced by the prostate gland. Elevations of PSA may occur in persons with non-cancerous prostate diseases or prostate cancer. A normal PSA level does not exclude the possibility of prostate cancer. A physical/manual prostate exam, performed by a healthcare provider, is also necessary to evaluate for prostate disease and should be used along with a PSA test.

Uric Acid: This test screens for gout and monitors gout therapy. It also helps with diagnosis and treatment of kidney stone disease; monitoring patients receiving cytotoxic drugs/chemotherapy; and monitoring other disorders, including leukemia, psoriasis, starvation and other wasting conditions.

Urinalysis: A urine sample is required. Urinalysis provides an overview of the function of the kidneys. The kidneys play a key role in the excretion of by-products of cellular metabolism and regulation water, acid-base and electrolyte balance. A urinalysis screens for protein or red blood cells in the urine (kidney disease/kidney function); and bacteria and white blood cells in the urine (urinary tract infection/bladder infection).

HORMONE TESTS

Estradiol: Estradiol is produced by the adrenals, placenta and testes and is the principal estrogen secreted by the ovaries. The measurement of estradiol is useful in assessing a variety of menstrual dysfunctions, including delayed puberty, amenorrhea and menopause.

Follicle-Stimulating Hormone (FSH): FSH is secreted by the anterior pituitary gland and regulates development, growth, pubertal maturation and reproduction. The function of FSH in both males and females is to facilitate the development and maintenance of the gonadal tissues. At menopause, ovarian function and steroid secretion cease, causing FSH concentrations to rise. FSH concentrations are similarly raised in women of pre-menopausal age who suffer ovarian failure, or whose ovaries failed to mature during puberty. Elevated FSH concentrations are found in males when the testes have failed to develop to functional maturity, or, in cases of infertility due to primary testicular failure.

Luteinizing Hormone (LH): LH is a hormone secreted by the anterior pituitary gland and is essential for reproductive function. During the menstrual cycle, follicle-stimulating hormone (FSH) stimulates growth of the ovarian follicle, which, when mature, ovulates in response to a surge of LH, and to a lesser extent, of FSH. Ovarian steroids are the primary negative feedback control for LH secretion. At menopause, reduced ovarian negative feedback results in elevated LH concentrations. LH concentrations also tend to be elevated in women of pre-menopausal age who experience ovarian failure, or whose ovaries failed to mature during puberty.

Progesterone: The major female hormones are estrogen and progesterone. Both hormones play an important role in women’s reproductive health and are produced in the adrenal glands and ovaries. Progesterone is also secreted by the corpus luteum following ovulation and is essential for the establishment and maintenance of pregnancy until the placenta takes over this function. Evaluation of the menstrual cycle, as well as detection and timing of ovulation helps in assessing reproductive health. Measurement of progesterone is useful in determining if ovulation has occurred. Ovulatory disorders can be identified in 18-25% of couples presenting with infertility. During the mid-luteal phase, or approximately 18-24 days after the onset of menses, it is expected for progesterone levels to rise. If progesterone stays low, it indicates a luteinized, unruptured follicle.

Progesterone continued on reverse side

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Laboratory Screening Tests

Progesterone continued

In pregnancy, the progesterone released from the corpus luteum helps thicken and prepare the uterine lining for implantation. The failure of the corpus luteum to produce adequate progesterone can result in pregnancy loss. Evaluation of progesterone levels to predict a healthy pregnancy is usually in conjunction with serial measurements of human chorionic gonadotrophin (HCG) levels. Quantitative measurements of progesterone aid in the evaluation of reproductive health and disorders of the ovaries and placenta. Once the cause of any disorder is identified, therapy aimed at correcting any reversible etiologies can then be implemented.

Testosterone: This test is used to detect low testosterone or high testosterone levels in the blood. Testosterone is the main sex hormone in men and is responsible for male physical characteristics. It is present in the blood of both men and women, and is used to help diagnose low sex drive, erectile dysfunction, infertility or delayed or early puberty, for example.

IRON TESTS

Ferritin: Ferritin is an iron-containing protein and is the primary form of iron stored inside of cells. The small quantity of ferritin that is released into the bloodstream is a reflection of the amount of total iron stored in the body. However, ferritin is an acute-phase reactant in the blood, which means that circulating ferritin levels increase with infection, inflammation and cancer. Therefore, circulating ferritin levels must be interpreted by your medical provider, together with other laboratory values (such as Serum Iron and other lab values).

Iron (Serum Iron): This test is used to monitor the amount of iron (serum iron) circulating in the bloodstream. The Serum Iron test is often used with the Ferritin test to monitor for iron deficiency (anemia) or iron-overload diseases.

Iron and Total Iron Binding Capacity (TIBC): This test is used to monitor the amount of iron (serum iron) circulating in the bloodstream. The Serum Iron test is often used with the Ferritin test to monitor for iron deficiency (anemia) or iron-overload diseases.
TIBC is a blood test to see if you have too much or too little iron in your blood. Iron moves through the blood attached to a protein called transferrin, which is produced in the liver. TIBC measures the blood's capacity to bind iron with transferring and helps your provider know how well the protein transferrin is carrying iron in your blood.

THYROID TESTS

Free Thyroxine 3 (Free T3): Free T3 is used to assess thyroid function and may be ordered to help monitor a known thyroid disorder. Elevated levels of Free T3 may indicate hyperthyroidism (overactive thyroid).

Free Thyroxine 4 (Free T4): Free T4 is generally measured together with Thyroid-Stimulating Hormone (TSH) when disorders of the thyroid are suspected. Elevations in Free T4 can indicate hyperthyroidism (overactive thyroid); decreases can indicate hypothyroidism (underactive thyroid).

Thyroid Stimulating Hormone (TSH): This test is used to screen for thyroid function, and to detect mild and overt hypothyroidism (underactive thyroid) or hyperthyroidism (overactive thyroid). It is also used to monitor therapy with thyroid hormone/Synthroid/Levothyroxine medication. It is often used together with Free Thyroxine 4 (Free T4) levels to detect thyroid dysfunction.

VITAMIN TESTS

Folate: Folate is one of the B vitamins which the body uses for growth and development, as well as the production of red blood cells, white blood cells and platelets. A Folate test can help determine the cause for anemia or aid in the diagnosis of malnutrition or malabsorption. This test is typically ordered when someone has symptoms of anemia or vitamin deficiency. It may also be ordered as a follow-up to irregular results from a CBC test or to monitor someone who is being treated for folate deficiency.

Vitamin B12: Vitamin B12 is an essential vitamin which is needed for the formation of healthy red blood cells and proper nerve function. A deficiency in B12 can cause a condition known as Macrocytic Anemia, in which red blood cells are larger than normal. Common causes for Vitamin B12 deficiency are malnutrition, liver disease, alcoholism and malabsorption disorders such as Celiac Disease, Cystic Fibrosis and Inflammatory Bowel Disease. A Vitamin B12 test is typically ordered when a person is experiencing symptoms such as diarrhea, dizziness, fatigue, pale skin, loss of appetite, rapid heartbeat, shortness of breath, tingling or numbness in the extremities, and a sore mouth or tongue. B12 is often ordered as a follow-up to a Complete Blood Count (CBC), which shows abnormal results for red blood cells and Mean Corpuscular Volume (MCV).

Vitamin D: This screening can provide an initial baseline level of Vitamin D before starting Vitamin D therapy, or it can be used to monitor Vitamin D levels if you take a Vitamin D supplement. Vitamin D deficiency is now recognized as a worldwide problem. Your body requires Vitamin D to absorb calcium, and Vitamin D plays an important role in protecting your bone health (preventing and treating osteoporosis).

Note to Patient Directed testing consumers: Laboratory tests cannot be used alone to detect illness/disease/cancer or to exclude the presence of illness/disease/cancer. All laboratory tests should be interpreted by a licensed medical provider. It is your responsibility to discuss your test results with your licensed medical provider. Further information on the usefulness of these tests is available on Internet websites such as "Lab Tests Online" **(https://labtestsonline.org)**. The above descriptions are for your use as guidelines only. All laboratory screening tests are subject to "false positive results" and "false negative results."