

How can I arrange clinical follow-up with a physician?

If you do not have a personal physician, the HRRMC Laboratory can provide you with a list of local physicians/medical providers and their clinic phone numbers, so you can choose a physician/medical provider and make an appointment with them to discuss the significance of your test results. Please call the HRRMC Laboratory Manager at 719-530-2261 for this list.

Can Direct Access Laboratory Testing be used as a substitute for examination by a medical doctor?

No. Laboratory testing should not be used as the only means to diagnose the presence or absence of disease (or any medical condition). You will need to share your test results with your physician, and the test results should be used as part of a complete medical examination.

Can HRRMC Laboratory bill insurance for a Direct Access Laboratory Test?

No. HRRMC Laboratory will not bill insurance or any third-party payers for DAT tests. HRRMC accepts cash, checks and credit cards, up front, at the time of service.

Will my insurance company reimburse me for the cost of tests?

Probably not. Since DAT tests are not ordered by a physician, most insurance companies will not reimburse you for the cost of the test. Please check with your insurance company.

Why don't insurance companies routinely cover these tests?

Because DAT tests are not ordered by a physician, insurance companies routinely do not cover these tests. Please check with your insurance company.

How can I access my lab results?

Your results will be available through your patient portal. If you would like a printed copy of your results, you can request those via our Medical Records department, located at the Salida Health Center at 550 W. Hwy. 50 in Salida.

What can I expect if a HRRMC Laboratory employee sustains an unexpected exposure to my blood?

The HRRMC Laboratory has a policy of testing patients' blood for Hepatitis B and HIV (AIDS) if an employee sustains an unexpected exposure to your blood during collection or testing. In the event of such exposure, the results of the above testing will also be provided to you.



The laboratory results of Direct Access Testing (DAT) require additional expert interpretation and do not substitute for medical advice, diagnosis, or treatment, which should be based on your physician'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. DAT results are not sent to your physician. You are responsible for distribution of your reports to your physician and for scheduling a follow-up appointment to discuss your results with your physician. **Urgent/Emergent Results:** The client purchasing DAT services understands that DAT services are not appropriate for urgent or needs. emergent medical conditions or needs.

Test Name	Price
Blood Count	\$30
CMP (Comprehensive Metabolic Profile)	\$35
<i>Includes: Sodium, Potassium, Chloride, CO2, Glucose, BUN, Creatinine, eGFR, Total Bilirubin, ALT, AST, ALK Phos, Total Protein, Albumin, Globulin and Calcium</i>	
HGB A1C (Hemoglobin A1C)	\$35
Lipid Panel	\$25
<i>Includes Cholesterol, Triglyceride, HDL, LDL</i> <i>Fasting Recommended, Diabetics should not fast.</i>	
Magnesium	\$20
Pregnancy Test	\$20
PSA (Prostate Specific Antigen)	\$35
<i>For those assigned male at birth.</i>	
Uric Acid	\$20
Urinalysis	\$20
<i>Clean Catch collection is preferred.</i>	
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



HEART OF THE ROCKIES
REGIONAL MEDICAL CENTER

HRRMC

Direct Access Testing



www.hrrmc.com/dat

HRRMC Direct Access Testing —an affordable way to monitor your health

What is Direct Access Testing?

Direct Access Laboratory Testing (DAT) is part of a wellness program offered by Heart of the Rockies Regional Medical Center (HRRMC) providing the option to order selected lab tests on your own, from a limited DAT menu, without a physician's order. Your payment for DAT is required up front, by cash, check or credit card, along with an address and phone number.

If your results are critical results, requiring urgent medical attention by a physician, you will immediately be called with your results. A waiver explaining DAT specifics must be reviewed and signed prior to the draw. Persons under 18 years old will require a parent or legal guardian to sign.

How is DAT registration completed and payment made?

The receptionist will provide you with the DAT waiver and consent forms. You will pay for your tests at the time of registration with cash, check or credit card.

You will then be directed to the Laboratory Department waiting area for the specimen collection. The Laboratory staff will answer any questions you have regarding the waiver information, before the draw occurs. Direct Access Testing will not be billed to your insurance, and is usually not reimbursable to you by your insurance.

What Direct Access Lab Tests are available?

The complete menu of tests is listed on the back page of this brochure.

When and where is this service available?

HRRMC Main Campus

1000 Rush Drive, Salida

The Lab number is 719-530-2260. To order your DALT tests, register at the hospital's front desk.

DALT testing schedule:

M–F, 7:30 a.m.–7 p.m.

Sat.–Sun., 7:30 a.m.–2 p.m.

After hours and on weekends, please register in the Emergency Department.

HRRMC Buena Vista Health Center

28374 C.R. 317, Buena Vista

M–Th, 8 a.m.–4:20 p.m.; Friday, 8 a.m.–3:30 p.m.

Register at the front desk to order your DAT tests.

HRRMC Custer County Health Center

704 Edwards Ave., Westcliffe

M–Th, 8 a.m.–4 p.m.; Friday, 8 a.m.–2 p.m.

Register at the front desk to order your DAT tests.

HRRMC Saguache Health Center

405 N. Denver Ave., Saguache

Tuesdays and Wednesdays, 9 a.m.–4 p.m.

By appointment only, call 719-655-2531 to schedule.

HRRMC Salida Health Center

550 West US-50, Salida

M–F, 8 a.m.–4:30 p.m.

Register at the front desk to order your DAT tests.

HRRMC South Park Health Care

525 Hathaway St., Fairplay

By appointment only, call 719-336-0334 to schedule.

Will I need special preparations or instructions for any of the tests?

For most of the tests, you will not need special preparations. However for some tests, fasting is recommended. A 12-hour fast is recommended for the Lipid Panel, and Glucose testing (part of the Comprehensive Metabolic Profile test), to obtain the most accurate results. If you have questions about what fasting involves, call the Laboratory at 719-530-2260. Diabetics should not fast.

What is the difference between DirectAccess Tests and HRRMC Laboratory physician ordered screens?

Results of Direct Access Lab Tests will not be stored in your HRRMC Medical Record. Physicians do not have computer access to your DAT results, and results will not be stored in your Clinic Record or Hospital Medical Records. Because DAT tests have no physician referral, HRRMC cannot include the test results in patients' medical records. This means that physicians will not be responsible to act upon the results, unless you yourself distribute the DAT results to your physician and he/she agrees to accept and interpret your results.

It is important for you to take personal responsibility for your own health needs, obtaining appropriate medical follow-up care and treatment, as needed, if you receive low (L), high (H), low critical (LC) or high critical (HC) results. You should also be aware that results within the normal reference range do not ensure health.

How will you receive your results?

If you participate in DAT, your results will be accessible in your patient portal within 24 hours of specimen collection. If you would like a printed copy of your results, visit the Medical Records office at 550 W. Hwy. 50 in Salida. Any abnormal results will be flagged by: L– for low, H– for high, LC– for low critical, or HC– for high critical. It is recommended that you consult your physician or medical provider to discuss these results. Any medical follow-up appointments needed in response to the DALT results will need to be scheduled by you with your medical provider. If you do not currently have a medical provider, you are welcome to visit www.hrrmc.com and click on the Physicians menu for a list of local medical providers and their contact phone numbers.



What if testing yields critical results that are potentially dangerous or require immediate attention?

It is mandatory that you provide a contact telephone number when completing your test requisition/order. If a result is obtained by the Laboratory that would require immediate medical attention (a critical result or alert result), you will be called at the telephone number you have provided and asked to immediately contact a physician, such as your personal physician or an emergency room physician. It is your responsibility to follow up accordingly.

What if I become ill or have problems after the lab blood draw, such as experiencing pain, bruising or prolonged bleeding at the venipuncture site?

If you experience any ill effects after the lab blood draw you should immediately contact your physician or an emergency room physician.

What if I experience ill effects from a treatment I receive from my physician, based on the information provided by this program?

HRRMC agents, Laboratory staff/employees, Laboratory directors, and any personnel involved in this program are not liable for ill effects or poor outcomes of treatment, or lack of treatments, you receive, or don't receive, from your physician based on the results of this program.

Can I arrange to have the HRRMC Laboratory share my test results with my personal physician?

No. The HRRMC Laboratory will not send your Direct Access Test results to your physician. It is your responsibility to send or share your test results with your personal physician.