



Lab Screenings

SMAC-31 Super Panel \$35

8 hours fasting, water and medications only. Includes: Total Cholesterol, HDL, LDL, triglycerides, glucose, kidney and liver function, nutrition, iron, bone, electrolytes and more.

Prostate Specific Antigen (PSA) \$48

Recommended for men 40 and older.

C-Reactive Protein-High Sensitivity \$35

8 hours fasting (preferred). Helps predict heart attack risk.

Complete Blood Count (CBC) \$20

Tests for anemia & assesses different cells found in the blood.

Hemoglobin A1C \$25

No fasting necessary. This test is used for diabetic patients to monitor glucose control over the last few months.

Homocysteine \$90

Rheumatoid Arthritis Panel \$95

TSH Thyroid \$38 | T3, T4 & T7 Thyroid \$28

Both Thyroid Panels \$58

Normally \$66, you save \$8.

Apolipoprotein A-1 & B \$68

An advanced & sensitive indicator of cardiovascular risk.

Colorectal Cancer Screening \$30

Take-home kit for screening fecal-occult blood. Kit must be returned in provided envelope to Healthwaves.

Vitamin D \$48

Fasting preferred, primarily recommended to check for Vitamin D deficiency which is common in children and adults.

Basic Food Panel \$75

Tests 46 items (includes: milk, eggs, meats and grains).

Southwest Regional Inhalant Panel \$75

Tests 45 items (includes: grasses, dust, pollens and pet hair).

Comprehensive Food Panel \$140

Tests 90 items—all of basic panel plus many more food items.

Combo Prices:

Basic Food and Southwest Regional Inhalant Panels \$130

Comprehensive Food & SW Regional Inhalant Panels \$185

Allergy



Healthwaves
Corporate wellness Team

1615 W University Dr, Suite 137 > Tempe, AZ 85281

www.healthwaves.com | 480.968.1886

More Tests

Complete Lipid Panel \$25

Chol, HDL, VLDL, Trig, Chol/HDL Ratio

Cardio IQ \$ 85

8 hrs fasting (water & medications ok)
Lipoprotein Fractionation w/lipids. (Includes LDL Particle Number, Pattern, HDL Large, LDL Small, Medium, etc + complete lipid profile)

Testosterone Adult Males Total \$85

Hormone secreted by testicles in men, ovaries in women, and in small amounts by adrenal glands.

Testosterone Total & Free \$85

Recommended for men 40 and older.

Testosterone Total Women & Children \$85

This test is recommended for females, children less than 18 & hypogonadal males.

Free T3 \$85

Thyroid hormone circulating not attached to a protein—more specific test than the panel.

Free T4 \$55

Thyroid hormone circulating not attached to a protein—more specific test than the panel.

Ferritin \$40

Major iron storing protein in the body.

PT/INR \$35

Clotting time of blood.

Vitamin B12 Test \$75

Found in meat, fish & dairy. Helps with fatigue, memory, prevent anemias, lowers homocysteine.

Folate (Folic Acid) \$55

8 hrs fasting preferred (water only). B vitamin important for cell growth, metabolism, neurogenic & cardiac health.

9am–12:30pm
at these store locations:

2017

New stores

Friday, August 19

Bashas': Power & McDowell, MESA

Wednesday, August 23

Bashas': 7th St & Missouri, PHOENIX

Friday, August 25

AJ's: Val Vista & Baseline Rd, MESA

Monday, August 28

AJ's: Scottsdale Rd & Lincoln Rd, SCOTTSDALE



9am–12:30pm
at these store locations:

Friday, September 1

Bashas': Signal Butte & Apache Trail, APACHE JUNCTION
Bashas': RH Johnson & Meeker Blvd, SUN CITY WEST

Saturday, September 9

Food City: Florence St. & 2nd St, CASA GRANDE
Bashas': 32nd St & Shea Blvd, PHOENIX
Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA

Tuesday, September 12

AJ's: 56th St & Ray Rd, CHANDLER

Saturday, September 16

Bashas': 7th St & Missouri, PHOENIX
AJ's: Scottsdale Rd & Lincoln Rd, SCOTTSDALE
Food City: Hwy 92 & Fry Blvd, SIERRA VISTA

Saturday, September 23

Bashas': Power & Chandler Heights, QUEEN CREEK
AJ's: Skyline & Campbell, TUCSON

Saturday, September 30

Bashas': Camp Lowell & Swan, TUCSON
Bashas': RH Johnson & Meeker Blvd, SUN CITY WEST

Friday, October 6

AJ's: 67th Ave & Beardsley, GLENDALE
Bashas': Power & McDowell, MESA

Saturday, October 14

Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA

Saturday, October 21

Bashas': Oracle & Golder Ranch Rd, TUCSON
Food City: Hwy 92 & Fry Blvd, SIERRA VISTA

Monday, October 23

Bashas': RH Johnson & Meeker Blvd, SUN CITY WEST
Bashas': 32nd St & Shea Blvd, PHOENIX

Saturday, October 28

Bashas': Cortaro & Thornydale, TUCSON
Bashas': 142 Hwy 260, PAYSON

Saturday, November 4

Bashas': Maricopa & Smith Enke Rd, MARICOPA
Food City: Country Club & 22nd, TUCSON

Saturday, November 11

AJ's: Lone Mountain & Scottsdale Rd,
SCOTTSDALE
Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA

Friday, November 17

AJ's: Val Vista & Baseline Rd, MESA

Saturday, November 18

Bashas': 48th St & Warner, PHOENIX
Bashas': 3269 Maricopa Ave, LAKE HAVASU CITY

Monday, November 20

Bashas': 7th St & Union Hills, PHOENIX

Tuesday, November 21

Food City: 59th Ave & Bethany Home, GLENDALE

Wednesday, November 22

Bashas': 99th Ave & Beardsley, PEORIA

Friday, November 24

Bashas': Alma School & Riggs, SUN LAKES

Saturday, November 25

Bashas': Baseline & Crismon, MESA
Bashas': 32nd St & Shea Blvd, PHOENIX

Monday, November 27

Bashas': Power & Chandler Heights, QUEEN CREEK

Tuesday, November 28

Bashas': Brown & Higley, MESA

Wednesday, November 29

Food City: 4th St & Main St, AVONDALE

Thursday, November 30

Food City: McDowell and 21st Pl, PHOENIX

Friday, December 1

AJ's: 56th St & Ray Rd, CHANDLER
Bashas': 75th Ave & Thunderbird, PEORIA

Saturday, December 2

Bashas': 7th St & Missouri, PHOENIX
AJ's: Pima & Pinnacle Peak, SCOTTSDALE



9am–12:30pm
at these store locations:

Monday, December 4

Food City: Dorsey Ln & Apache, TEMPE

Tuesday, December 5

Bashas': Signal Butte & Apache Trail, APACHE JUNCTION
AJ's: Skyline & Campbell, TUCSON

Wednesday, December 6

Bashas': Oracle & Golder Ranch Rd, TUCSON

Thursday, December 7

Bashas': Power & McDowell, MESA
Bashas': 99th Ave & Beardsley, PEORIA

Friday, December 8

AJ's: Central & Camelback Rd, PHOENIX
Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA

Saturday, December 9

Bashas': Indian School & Hayden, SCOTTSDALE
Bashas': Waddell & Reems Rd, SURPRISE

Monday, December 11

Bashas': Ellsworth & Brown, MESA
Food City: Bethany Home Rd & 27th Ave, PHOENIX

Tuesday, December 12

Bashas': 7th St & Union Hills, PHOENIX

Wednesday, December 13

Bashas': Power & Chandler Heights, QUEEN CREEK

Thursday, December 14

Bashas': Cortaro & Thornydale, TUCSON

Friday, December 15

Bashas': Dysart & Camelback, LITCHFIELD PARK
Bashas': Alma School & Riggs, SUN LAKES

Saturday, December 16

Bashas': La Cholla & River Rd, TUCSON
Food City: Kiowa Ave & Lake Havasu, LAKE HAVASU CITY

Monday, December 18

Bashas': 32nd St & Shea Blvd, PHOENIX

Tuesday, December 19

AJ's: Pima & Pinnacle Peak, SCOTTSDALE

Wednesday, December 20

Bashas': 75th Ave & Thunderbird, PEORIA
Food City: Campbell & Irvington Rd, TUCSON

Thursday, December 21

Bashas': 7th St & Missouri, PHOENIX

Friday, December 22

Food City: 8th Ave & Alma School, MESA
Bashas': RH Johnson & Meeker Blvd, SUN CITY WEST

Saturday, December 23

Food City: Flowing Wells & Roger, TUCSON
Bashas': Warner & McClintock, TEMPE

Tuesday, December 26

Bashas': Sunrise & Kolb, TUCSON

Wednesday, December 27

Bashas': 7th St & Missouri, PHOENIX

Thursday, December 28

Food City: Main & Stapley, MESA

Friday, December 29

AJ's: Scottsdale Rd & Lincoln Rd, SCOTTSDALE

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Wednesday, January 10

AJ's: Pima & Pinnacle Peak, SCOTTSDALE

Friday, January 12

Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA

Friday, January 13

Bashas': La Cholla & River Rd, TUCSON
Bashas': 75th Ave & Thunderbird, PEORIA

Thursday, January 18

Bashas': 48th St & Warner, PHOENIX

Friday, January 19

Bashas': Cortaro & Thornydale, TUCSON

9am–12:30pm
 at these store locations:

Saturday, January 20

Bashas': 32nd St & Shea Blvd, PHOENIX

Monday, January 22

Bashas': 99th Ave & Beardsley, PEORIA

Tuesday, January 23

Bashas': Warner & McClintock, TEMPE

Wednesday, January 24

AJ's: 67th Ave & Beardsley, GLENDALE

Thursday, January 25

Bashas': Brown & Mesa Dr, MESA

Friday, January 26

Bashas': Signal Butte & Apache Trail, APACHE JUNCTION

Monday, January 29

Bashas': RH Johnson & Meeker Blvd, SUN CITY WEST

Thursday, February 1

Bashas': La Cholla & River Rd, TUCSON

Friday, February 2

Bashas': Chandler Blvd & Dobson, CHANDLER
Bashas': Indian School & Hayden, SCOTTSDALE

Wednesday, February 7

Bashas': Palisades & Saguaro, FOUNTAIN HILLS
AJ's: Scottsdale Rd & Lincoln Rd, SCOTTSDALE

Thursday, February 8

Bashas': 7th St & Missouri, PHOENIX

Saturday, February 10

Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA
Bashas': Ellsworth & Brown, MESA

Monday, February 12

AJ's: Lone Mountain & Scottsdale Rd,
 SCOTTSDALE

Tuesday, February 13

Bashas': Chandler Heights & Gilbert Rd, CHANDLER

Wednesday, February 14

AJ's: Central & Camelback Rd, PHOENIX

Saturday, February 17

AJ's: Skyline & Campbell, TUCSON
Bashas': Superstition Mountain & Hwy 60,
 GOLD CANYON
Food City: 48th St & Southern, PHOENIX

Friday, February 23

Bashas': RH Johnson & Meeker Blvd, SUN CITY WEST

Saturday, February 24

Bashas': 99th Ave & Beardsley, PEORIA
Bashas': Higley & Elliot, GILBERT

Saturday, March 3

Bashas': Baseline & Crismon, MESA

Tuesday, March 6

Bashas': Indian School & Hayden, SCOTTSDALE

Wednesday, March 7

Bashas': Brown & Higley, MESA

Friday, March 9

Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA

Saturday, March 10

Bashas': 7th St & Missouri, PHOENIX

Tuesday, March 13

AJ's: Val Vista & Baseline Rd, MESA

Wednesday, March 14

Bashas': Dysart & Camelback, LITCHFIELD PARK
AJ's: Pima & Pinnacle Peak, SCOTTSDALE

Thursday, March 15

Bashas': Sunrise & Kolb Rd, TUCSON
Bashas': 48th St & Warner, PHOENIX

Friday, March 16

Food City: 59th Ave & Bethany Home, GLENDALE

Saturday, March 17

Food City: 1501 Arizona 89A, COTTONWOOD

Monday, March 19

Bashas': 7th St & Union Hills, PHOENIX

9am–12:30pm
 at these store locations:

Wednesday, March 21

AJ's: Pima & Legacy, SCOTTSDALE

Saturday, March 24

Bashas': Bell Rd & Thompson Peak Parkway,
 SCOTTSDALE

Wednesday, March 28

Bashas': Cortaro & Thornydale, TUCSON

Saturday, March 31

Bashas': Camp Lowell & Swan, TUCSON
Bashas': 32nd St & Shea Blvd, PHOENIX

Tuesday, April 3

Bashas': Signal Butte & Apache Trail, APACHE JUNCTION

Wednesday, April 4

Bashas': 99th Ave & Beardsley, PEORIA

Thursday, April 5

Bashas': Power Rd & McDowell, MESA

Friday, April 6

Bashas': 7th St & Missouri, PHOENIX

Saturday, April 7

Bashas': Oracle & Golder Ranch Rd, TUCSON
Bashas': McDonald Dr & Granite Reef Rd, SCOTTSDALE

Monday, April 9

AJ's: 56th St & Ray Rd, CHANDLER

Friday, April 13

AJ's: Camelback & 44th St, PHOENIX

Saturday, April 14

Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA

Tuesday, April 17

Bashas': Chandler Heights & Gilbert Rd, CHANDLER

Friday, April 27

Bashas': La Cholla & River Rd, TUCSON

Saturday, April 28

Bashas': 75th Ave & Thunderbird, PEORIA

Wednesday, May 2

Bashas': Power & Chandler Heights, QUEEN CREEK

Thursday, May 3

Bashas': Brown & Higley, MESA

Friday, May 4

Food City: Arizona Ave & Ray Rd, CHANDLER
Bashas': 7th St & Missouri, PHOENIX

Saturday, May 5

Bashas': RH Johnson & Meeker Blvd, SUN CITY WEST
Bashas': Warner & McClintock, TEMPE

Thursday, May 10

AJ's: Skyline & Campbell, TUCSON
Bashas': Chandler Blvd & Dobson, CHANDLER

Friday, May 11

Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA

Saturday, May 12

Food City: Hwy 92 & Fry Blvd, SIERRA VISTA

Saturday, May 19

Bashas': 2700 S. Woodlands Village Blvd, FLAGSTAFF
Bashas': Verrado Way & Main St, BUCKEYE
Bashas': Baseline & Crismon, MESA

Tuesday, May 22

Bashas': Camp Lowell & Swan, TUCSON

Wednesday, May 23

AJ's: Val Vista & Baseline Rd, MESA

Saturday, May 26

Bashas': RH Johnson & Meeker Blvd, SUN CITY WEST
Bashas': Power Rd & McDowell, MESA

Tuesday, May 29

Bashas': 99th Ave & Beardsley, PEORIA

Wednesday, May 30

AJ's: 67th Ave & Beardsley, GLENDALE

Friday, June 1

AJ's: Skyline & Campbell, TUCSON



9am–12:30pm
at these store locations:

Tuesday, June 5

Bashas': Ellsworth & Brown, MESA

Bashas': Frank Lloyd Wright & Thompson Peak Parkway, SCOTTSDALE

Saturday, June 9

Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA

Wednesday, June 13

Bashas': Chandler Blvd & Dobson, CHANDLER

Thursday, June 14

Bashas': Signal Butte & Apache Trail, APACHE JUNCTION

Saturday, June 16

Bashas': 142 Hwy 260, Payson

Wednesday, June 20

Bashas': RH Johnson & Meeker Blvd, SUN CITY WEST

Saturday, June 23

Bashas': Brown & Higley, MESA

Tuesday, June 26

Bashas': 75th Ave & Thunderbird, PEORIA

Wednesday, June 27

AJ's: Val Vista & Baseline Rd, MESA

Friday, June 29

Bashas': La Cholla & River Rd, TUCSON

Saturday, June 30

Bashas': 7th St & Missouri, PHOENIX

Monday, July 2

AJ's: Scottsdale Rd & Lincoln Rd, SCOTTSDALE

Tuesday, July 3

Bashas': 7th St & Union Hills, PHOENIX

Saturday, July 7

Bashas': Chandler Blvd & Dobson, CHANDLER

Tuesday, July 10

Bashas': Warner & McClintock, TEMPE

Thursday, July 12

Bashas': Warner & McClintock, TEMPE

Friday, July 13

Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA

Bashas': Indian School & Hayden, SCOTTSDALE

Saturday, July 14

Bashas': Power Rd & McDowell, MESA

Tuesday, July 17

AJ's: Pima & Pinnacle Peak, SCOTTSDALE

Thursday, July 19

Bashas': 99th Ave & Beardsley, PEORIA

Saturday, July 21

AJ's: 67th Ave & Beardsley, GLENDALE

Thursday, July 26

Bashas': RH Johnson & Meeker Blvd, SUN CITY WEST

Saturday, July 28

Bashas': Signal Butte & Apache Trail, APACHE JUNCTION

Thursday, August 2

Bashas': Ellsworth & Brown, MESA

Friday, August 10

Bashas': 7th St & Missouri, PHOENIX

AJ's: Lone Mountain & Scottsdale Rd, SCOTTSDALE

Saturday, August 11

Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA

Monday, August 13

Bashas': RH Johnson & Meeker Blvd, SUN CITY WEST

Healthwaves

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