



## 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 | T3U, 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.

## Allergy

### **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**

# Healthwaves

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

www.healthwaves.com | 480.968.1886

# 2019

# 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 \$48**

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

### **Free T4 \$35**

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:

### **Thursday, August 1**

**Bashas':** Ellsworth & Brown, MESA

### **Friday, August 2**

**Bashas':** Dysart & Camelback, LITCHFIELD PARK

### **Friday, August 9**

**Bashas':** 7th St & Missouri, PHOENIX

**AJ's:** Lone Mountain & Scottsdale Rd, SCOTTSDALE

### **Saturday, August 10**

**Bashas':** Coffee Pot Dr & Yavapai Dr, SEDONA

### **Monday, August 12**

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

Lab 2019-2020

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



**Friday, August 16**

**Bashas':** Power & McDowell, MESA

**Wednesday, August 21**

**Bashas':** 7th St & Missouri, PHOENIX

**Friday, August 23**

**AJ's:** Val Vista & Baseline Rd, MESA

**Monday, August 26**

**AJ's:** Scottsdale Rd & Lincoln Rd, PARADISE VALLEY

**Friday, August 30**

**Bashas':** Signal Butte & Apache Trail, APACHE JUNCTION

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

**Tuesday, September 3**

**Bashas':** Dysart & Camelback, LITCHFIELD PARK

**Saturday, September 7**

**Food City:** Florence St. & 2nd St, CASA GRANDE

**Bashas':** 32nd St & Shea Blvd, PHOENIX

**Bashas':** Coffee Pot Dr & Yavapai Dr, SEDONA

**Monday, September 9**

**Bashas':** La Cholla & River Rd, TUCSON

**Bashas':** 7th St & Union Hills, PHOENIX

**Tuesday, September 10**

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

**Friday, September 13**

**Bashas':** Woodland Village, FLAGSTAFF

**Saturday, September 14**

**Bashas':** 7th St & Missouri, PHOENIX

**AJ's:** Scottsdale Rd & Lincoln Rd, PARADISE VALLEY

**Food City:** Hwy 92 & Fry Blvd, SIERRA VISTA

**Monday, September 16**

**Bashas':** Palisades & Saguaro, FOUNTAIN HILLS

**Saturday, September 21**

**Bashas':** Power & Chandler Heights, QUEEN CREEK

**AJ's:** Skyline & Campbell, TUCSON

**Saturday, September 28**

**Bashas':** Camp Lowell & Swan, TUCSON

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

**Food City:** Kiowa Ave & Lake Havasu, LAKE HAVASU CITY

**Monday, September 30**

**Bashas':** Dysart & Camelback, LITCHFIELD PARK

**Friday, October 4**

**AJ's:** 67th Ave & Beardsley, GLENDALE

**Bashas':** Power & McDowell, MESA

**Saturday, October 5**

**Bashas':** Power & Chandler Heights, QUEEN CREEK

**Saturday, October 12**

**Bashas':** Coffee Pot Dr & Yavapai Dr, SEDONA

**Saturday, October 19**

**Food City:** Hwy 92 & Fry Blvd, SIERRA VISTA

**Monday, October 21**

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

**Bashas':** 32nd St & Shea Blvd, PHOENIX

**Bashas':** 99th Ave & Beardsley, PEORIA

**Saturday, October 26**

**Bashas':** Cortaro & Thornydale, TUCSON

**Bashas':** 142 Hwy 260, PAYSON

**Saturday, November 2**

**Bashas':** Maricopa & Smith Enke Rd, MARICOPA

**Food City:** Country Club & 22nd, TUCSON

**Monday, November 4**

**Bashas':** Oracle & Golder Ranch Rd, TUCSON

**Friday, November 8**

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

**Saturday, November 9**

**AJ's:** Lone Mountain & Scottsdale Rd,  
SCOTTSDALE

**Bashas':** Coffee Pot Dr & Yavapai Dr, SEDONA

**Monday, November 11**

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

**AJ's:** Central & Camelback PHOENIX  
**Bashas':** Cortaro & Thornydale, TUCSON

**Tuesday, November 12**

**Bashas':** 75th Ave & Thunderbird, PEORIA

**Wednesday, November 13**

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

**Thursday, November 14**

**AJ's:** 44th St & Camelback, PHOENIX  
**Bashas':** Camp Lowell & Swan, TUCSON  
**Food City:** Sierra Vista, SIERRA VISTA

**Friday, November 15**

**AJ's:** Val Vista & Baseline, MESA  
**Food City:** Scottsdale Rd & McKellips, TEMPE

**Saturday, November 16**

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

**Monday, November 18**

**Bashas':** 7th St & Union Hills, PHOENIX

**Tuesday, November 19**

**Food City:** 59th Ave & Bethany Home, GLENDALE

**Wednesday, November 20**

**Bashas':** 99th Ave & Beardsley, PEORIA  
**Food City:** 4th St & Main St, AVONDALE

**Friday, November 22**

**Bashas':** Alma School & Riggs, SUN LAKES

**Saturday, November 23**

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

**Monday, November 25**

**Bashas':** Power & Chandler Heights, QUEEN CREEK

**Tuesday, November 26**

**Bashas':** Brown & Higley, MESA

**Friday, November 29**

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

**Saturday, November 30**

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

**Monday, December 2**

**Food City:** Dorsey Ln & Apache, TEMPE  
**Bashas':** McDonald & Granite Reef, SCOTTSDALE

**Tuesday, December 3**

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

**Wednesday, December 4**

**Bashas':** Oracle & Golder Ranch Rd, TUCSON

**Thursday, December 5**

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

**Friday, December 6**

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

**Saturday, December 7**

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

**Monday, December 9**

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

**Tuesday, December 10**

**Bashas':** 7th St & Union Hills, PHOENIX

**Wednesday, December 11**

**Bashas':** Power & Chandler Heights, QUEEN CREEK

**Thursday, December 12**

**Bashas':** Cortaro & Thornydale, TUCSON

**Friday, December 13**

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

**Saturday, December 14**

**Bashas':** La Cholla & River Rd, TUCSON

Lab AUGUST 2019 - AUGUST 2020

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



**Food City:** Kiowa Ave & Lake Havasu, LAKE HAVASU CITY

**Monday, December 16**

**Bashas':** 32nd St & Shea Blvd, PHOENIX

**Tuesday, December 17**

**AJ's:** Pima & Pinnacle Peak, SCOTTSDALE

**Wednesday, December 18**

**Bashas':** 75th Ave & Thunderbird, PEORIA

**Food City:** Campbell & Irvington, TUCSON

**Friday, December 20**

**Food City:** 8th Ave & Alma School, MESA

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

**Saturday, December 21**

**Food City:** Flowing Wells & Roger, TUCSON

**Bashas':** Warner & McClintock, TEMPE

**Monday, December 23**

**Bashas':** 7th St & Missouri, PHOENIX

**Friday, December 27**

**Food City:** Main & Stapley, MESA

**Saturday, December 28**

**AJ's:** Scottsdale Rd & Lincoln Rd, PARADISE VALLEY

**Bashas':** Sunrise & Kolb, TUCSON

## 2020

**Friday, January 3**

**Bashas':** Signal Butte & Apache Trail, APACHE JUNCTION

**Wednesday, January 8**

**AJ's:** Pima & Pinnacle Peak, SCOTTSDALE

**Friday, January 10**

**Bashas':** Coffee Pot Dr & Yavapai Dr, SEDONA

**Saturday, January 11**

**Bashas':** La Cholla & River Rd, TUCSON

**Bashas':** 75th Ave & Thunderbird, PEORIA

**Thursday, January 16**

**Bashas':** 48th St & Warner, PHOENIX

**Friday, January 17**

**Bashas':** Cortaro & Thornydale, TUCSON

**Saturday, January 18**

**Bashas':** 32nd St & Shea Blvd, PHOENIX

**Monday, January 20**

**Bashas':** 99th Ave & Beardsley, PEORIA

**Tuesday, January 21**

**Bashas':** Brown & Mesa Dr, MESA

**Wednesday, January 22**

**AJ's:** 67th Ave & Beardsley, GLENDALE

**Friday, January 24**

**Bashas':** Signal Butte & Apache Trail, APACHE JUNCTION

**Monday, January 27**

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

**Thursday, January 31**

**Bashas':** La Cholla & River Rd, TUCSON

**Saturday, February 1**

**Bashas':** Warner & McClintock, TEMPE

**Bashas':** Indian School & Hayden, SCOTTSDALE

**Wednesday, February 5**

**Bashas':** Palisades & Saguaro, FOUNTAIN HILLS

**AJ's:** Scottsdale Rd & Lincoln Rd, PARADISE VALLEY

**Thursday, February 6**

**Bashas':** 7th St & Missouri, PHOENIX

**Saturday, February 8**

**Bashas':** Coffee Pot Dr & Yavapai Dr, SEDONA

**Bashas':** Ellsworth & Brown, MESA

**Monday, February 10**

**AJ's:** Lone Mountain & Scottsdale Rd, SCOTTSDALE

Lab AUGUST 2019 - AUGUST 2020

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



**Tuesday, February 11**

**Bashas':** Chandler Heights & Gilbert Rd, CHANDLER

**Wednesday, February 12**

**AJ's:** Central & Camelback Rd, PHOENIX

**Saturday, February 15**

**AJ's:** Skyline & Campbell, TUCSON

**Bashas':** Superstition Mountain & Hwy 60, GOLD CANYON

**Food City:** 48th St & Southern, PHOENIX

**Friday, February 21**

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

**Saturday, February 22**

**Bashas':** 99th Ave & Beardsley, PEORIA

**Bashas':** Higley & Elliot, GILBERT

**Saturday, February 29**

**Bashas':** Baseline & Crismon, MESA

**Tuesday, March 3**

**Bashas':** Indian School & Hayden, SCOTTSDALE

**Wednesday, March 4**

**Bashas':** Brown & Higley, MESA

**Friday, March 6**

**Bashas':** Coffee Pot Dr & Yavapai Dr, SEDONA

**Saturday, March 7**

**Bashas':** 7th St & Missouri, PHOENIX

**Tuesday, March 10**

**AJ's:** Val Vista & Baseline Rd, MESA

**Wednesday, March 11**

**Bashas':** Dysart & Camelback, LITCHFIELD PARK

**AJ's:** Pima & Pinnacle Peak, SCOTTSDALE

**Thursday, March 12**

**Bashas':** Sunrise & Kolb Rd, TUCSON

**Bashas':** 48th St & Warner, PHOENIX

**Friday, March 13**

**Food City:** 59th Ave & Bethany Home, GLENDALE

**Saturday, March 14**

**Food City:** 1501 Arizona 89A, COTTONWOOD

**Monday, March 16**

**Bashas':** 7th St & Union Hills, PHOENIX

**Thursday, March 18**

**AJ's:** Pima & Legacy, SCOTTSDALE

**Saturday, March 21**

**Bashas':** Bell Rd & Thompson Peak Parkway, SCOTTSDALE

**Wednesday, March 25**

**Bashas':** Cortaro & Thornydale, TUCSON

**Tuesday, March 31**

**Bashas':** Signal Butte & Apache Trail, APACHE JUNCTION

**Wednesday, April 1**

**Bashas':** 99th Ave & Beardsley, PEORIA

**Thursday, April 2**

**Bashas':** Power Rd & McDowell, MESA

**Friday, April 3**

**Bashas':** 7th St & Missouri, PHOENIX

**Saturday, April 4**

**Bashas':** Oracle & Golder Ranch Rd, TUCSON

**Bashas':** McDonald Dr & Granite Reef Rd, SCOTTSDALE

**Monday, April 6**

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

**Friday, April 10**

**AJ's:** Camelback & 44th St, PHOENIX

**Saturday, April 11**

**Bashas':** Coffee Pot Dr & Yavapai Dr, SEDONA

**Tuesday, April 14**

**Bashas':** Chandler Heights & Gilbert Rd, CHANDLER



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



**Friday, April 24**

**Bashas':** La Cholla & River Rd, TUCSON

**Saturday, April 25**

**Bashas':** 75th Ave & Thunderbird, PEORIA

**Wednesday, April 29**

**Bashas':** Power & Chandler Heights, QUEEN CREEK

**Thursday, April 30**

**Bashas':** Brown & Higley, MESA

**Friday, May 1**

**Food City:** Arizona Ave & Ray Rd, CHANDLER

**Bashas':** 7th St & Missouri, PHOENIX

**Saturday, May 2**

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

**Bashas':** Warner & McClintock, TEMPE

**Thursday, May 7**

**AJ's:** Skyline & Campbell, TUCSON

**Bashas':** Chandler Heights & Gilbert Rd, CHANDLER

**Friday, May 8**

**Bashas':** Coffee Pot Dr & Yavapai Dr, SEDONA

**Saturday, May 9**

**Food City:** Hwy 92 & Fry Blvd, SIERRA VISTA

**Saturday, May 16**

**Bashas':** 2700 S. Woodlands Village Blvd, FLAGSTAFF

**Bashas':** Verrado Way & Main St, BUCKEYE

**Bashas':** Baseline & Crismon, MESA

**Tuesday, May 19**

**Bashas':** Camp Lowell & Swan, TUCSON

**Wednesday, May 20**

**AJ's:** Val Vista & Baseline Rd, MESA

**Saturday, May 23**

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

**Bashas':** Power Rd & McDowell, MESA

**Wednesday, May 27**

**AJ's:** 67th Ave & Beardsley, GLENDALE

**Friday, May 29**

**AJ's:** Skyline & Campbell, TUCSON

**Tuesday, May 30**

**Bashas':** 99th Ave & Beardsley, PEORIA

**Tuesday, June 2**

**Bashas':** Ellsworth & Brown, MESA

**AJ's:** Frank Lloyd Wright & Thompson Peak Parkway,  
SCOTTSDALE

**Saturday, June 6**

**Bashas':** Coffee Pot Dr & Yavapai Dr, SEDONA

**Wednesday, June 10**

**Bashas':** Warner & McClintock, TEMPE

**Thursday, June 11**

**Bashas':** Signal Butte & Apache Trail, APACHE JUNCTION

**Saturday, June 13**

**Bashas':** 142 Hwy 260, Payson

**Wednesday, June 17**

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

**Saturday, June 20**

**Bashas':** Brown & Higley, MESA

**Tuesday, June 23**

**Bashas':** 75th Ave & Thunderbird, PEORIA

**Wednesday, June 24**

**AJ's:** Val Vista & Baseline Rd, MESA

**Friday, June 26**

**Bashas':** La Cholla & River Rd, TUCSON

**Saturday, June 27**

**Bashas':** 7th St & Missouri, PHOENIX

**Monday, June 29**

**AJ's:** Scottsdale Rd & Lincoln Rd, PARADISE VALLEY

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



**Tuesday, June 30**

**Bashas':** 7th St & Union Hills, PHOENIX

**Friday, July 3**

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

**Tuesday, July 7**

**Bashas':** Alma School & Riggs, SUN LAKES

**Thursday, July 9**

**Bashas':** Warner & McClintock, TEMPE

**Friday, July 10**

**Bashas':** Coffee Pot Dr & Yavapai Dr, SEDONA

**Bashas':** Indian School & Hayden, SCOTTSDALE

**Saturday, July 11**

**Bashas':** Power Rd & McDowell, MESA

**Thursday, July 16**

**Bashas':** 99th Ave & Beardsley, PEORIA

**Saturday, July 18**

**AJ's:** 67th Ave & Beardsley, GLENDALE

**Thursday, July 23**

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

**Saturday, July 25**

**Bashas':** Signal Butte & Apache Trail, APACHE JUNCTION

**Thursday, July 30**

**Bashas':** Ellsworth & Brown, MESA

**Friday, August 7**

**Bashas':** 7th St & Missouri, PHOENIX

**AJ's:** Lone Mountain & Scottsdale Rd, SCOTTSDALE

**Saturday, August 8**

**Bashas':** Coffee Pot Dr & Yavapai Dr, SEDONA

**Monday, August 10**

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

**Healthwaves**

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