



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

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 2

Bashas': Ellsworth & Brown, MESA

Friday, August 3

Bashas': Dysart & Camelback, LITCHFIELD PARK

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



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

www.healthwaves.com | 480.968.1886



9am–12:30pm
at these store locations:

Friday, August 17

Bashas': Power & McDowell, MESA

Wednesday, August 22

Bashas': 7th St & Missouri, PHOENIX

Friday, August 24

AJ's: Val Vista & Baseline Rd, MESA

Monday, August 27

AJ's: Scottsdale Rd & Lincoln Rd, SCOTTSDALE

Friday, August 31

Bashas': Signal Butte & Apache Trail, APACHE JUNCTION

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

Tuesday, September 4

Bashas': Dysart & Camelback, LITCHFIELD PARK

Saturday, September 8

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

Bashas': 32nd St & Shea Blvd, PHOENIX

Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA

Monday, September 10

Bashas': La Cholla & River Rd, TUCSON

Bashas': 7th St & Union Hills, PHOENIX

Tuesday, September 11

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

Friday, September 14

Bashas': Woodland Village, FLAGSTAFF

Saturday, September 15

Bashas': 7th St & Missouri, PHOENIX

AJ's: Scottsdale Rd & Lincoln Rd, SCOTTSDALE

Food City: Hwy 92 & Fry Blvd, SIERRA VISTA

Saturday, September 22

Bashas': Power & Chandler Heights, QUEEN CREEK

AJ's: Skyline & Campbell, TUCSON

Saturday, September 29

Bashas': Camp Lowell & Swan, TUCSON

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

Monday, October 1

Bashas': Dysart & Camelback, LITCHFIELD PARK

Tuesday, October 2

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

Friday, October 5

AJ's: 67th Ave & Beardsley, GLENDALE

Bashas': Power & McDowell, MESA

Saturday, October 6

Food City: Country Club & 22nd St, TUCSON

Bashas': Power & Chandler Heights, QUEEN CREEK

Saturday, October 13

Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA

Saturday, October 20

Bashas': Oracle & Golder Ranch Rd, TUCSON

Food City: Hwy 92 & Fry Blvd, SIERRA VISTA

Monday, October 22

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

Bashas': 32nd St & Shea Blvd, PHOENIX

Saturday, October 27

Bashas': Cortaro & Thornydale, TUCSON

Bashas': 142 Hwy 260, PAYSON

Saturday, November 3

Bashas': Maricopa & Smith Enke Rd, MARICOPA

Food City: Country Club & 22nd, TUCSON

Thursday, November 8

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

Saturday, November 10

AJ's: Lone Mountain & Scottsdale Rd,
SCOTTSDALE

Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA

Monday, November 12

AJ's: Central & Camelback PHOENIX

Bashas': Cortaro & Thornydale, TUCSON

Tuesday, November 13

Bashas': 75th Ave & Thunderbird, PEORIA



9am–12:30pm
at these store locations:

Wednesday, November 14

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

Thursday, November 15

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

Friday, November 16

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

Saturday, November 17

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

Monday, November 19

Bashas': 7th St & Union Hills, PHOENIX

Tuesday, November 20

Food City: 59th Ave & Bethany Home, GLENDALE

Wednesday, November 21

Bashas': 99th Ave & Beardsley, PEORIA

Friday, November 23

Bashas': Alma School & Riggs, SUN LAKES

Saturday, November 24

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

Monday, November 26

Bashas': Power & Chandler Heights, QUEEN CREEK

Tuesday, November 27

Bashas': Brown & Higley, MESA

Wednesday, November 28

Food City: 4th St & Main St, AVONDALE

Thursday, November 29

Food City: McDowell and 21st Pl, PHOENIX

Friday, November 30

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

Saturday, December 1

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

Monday, December 3

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

Tuesday, December 4

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

Wednesday, December 5

Bashas': Oracle & Golder Ranch Rd, TUCSON

Thursday, December 6

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

Friday, December 7

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

Saturday, December 8

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

Monday, December 10

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

Tuesday, December 11

Bashas': 7th St & Union Hills, PHOENIX

Wednesday, December 12

Bashas': Power & Chandler Heights, QUEEN CREEK

Thursday, December 13

Bashas': Cortaro & Thornydale, TUCSON

Friday, December 14

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

Saturday, December 15

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



9am–12:30pm
at these store locations:

Monday, December 17

Bashas': 32nd St & Shea Blvd, PHOENIX

Tuesday, December 18

AJ's: Pima & Pinnacle Peak, SCOTTSDALE

Wednesday, December 19

Bashas': 75th Ave & Thunderbird, PEORIA

Food City: Campbell & Irvington, TUCSON

Friday, December 21

Food City: 8th Ave & Alma School, MESA

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

Saturday, December 22

Food City: Flowing Wells & Roger, TUCSON

Bashas': Warner & McClintock, TEMPE

Wednesday, December 26

Bashas': 7th St & Missouri, PHOENIX

Thursday, December 27

Food City: Main & Stapley, MESA

Friday, December 28

AJ's: Scottsdale Rd & Lincoln Rd, SCOTTSDALE

Saturday, December 29

Bashas': Sunrise & Kolb, TUCSON

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Thursday, January 3

Bashas': Signal Butte & Apache Trail, APACHE JUNCTION

Wednesday, January 9

AJ's: Pima & Pinnacle Peak, SCOTTSDALE

Friday, January 11

Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA

Saturday, January 12

Bashas': La Cholla & River Rd, TUCSON

Bashas': 75th Ave & Thunderbird, PEORIA

Thursday, January 17

Bashas': 48th St & Warner, PHOENIX

Friday, January 18

Bashas': Cortaro & Thornydale, TUCSON

Saturday, January 19

Bashas': 32nd St & Shea Blvd, PHOENIX

Monday, January 21

Bashas': 99th Ave & Beardsley, PEORIA

Tuesday, January 22

Bashas': Brown & Mesa Dr, MESA

Wednesday, January 23

AJ's: 67th Ave & Beardsley, GLENDALE

Friday, January 25

Bashas': Signal Butte & Apache Trail, APACHE JUNCTION

Monday, January 28

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

Thursday, January 31

Bashas': La Cholla & River Rd, TUCSON

Friday, February 1

Bashas': Warner & McClintock, TEMPE

Bashas': Indian School & Hayden, SCOTTSDALE

Wednesday, February 6

Bashas': Palisades & Saguaro, FOUNTAIN HILLS

AJ's: Scottsdale Rd & Lincoln Rd, SCOTTSDALE

Thursday, February 7

Bashas': 7th St & Missouri, PHOENIX

Saturday, February 9

Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA

Bashas': Ellsworth & Brown, MESA

Monday, February 11

AJ's: Lone Mountain & Scottsdale Rd, SCOTTSDALE



9am–12:30pm
at these store locations:

Tuesday, February 12

Bashas': Chandler Heights & Gilbert Rd, CHANDLER

Wednesday, February 13

AJ's: Central & Camelback Rd, PHOENIX

Saturday, February 16

AJ's: Skyline & Campbell, TUCSON

Bashas': Superstition Mountain & Hwy 60, GOLD CANYON

Food City: 48th St & Southern, PHOENIX

Friday, February 22

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

Saturday, February 23

Bashas': 99th Ave & Beardsley, PEORIA

Bashas': Higley & Elliot, GILBERT

Saturday, March 2

Bashas': Baseline & Crismon, MESA

Tuesday, March 5

Bashas': Indian School & Hayden, SCOTTSDALE

Wednesday, March 6

Bashas': Brown & Higley, MESA

Friday, March 8

Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA

Saturday, March 9

Bashas': 7th St & Missouri, PHOENIX

Tuesday, March 12

AJ's: Val Vista & Baseline Rd, MESA

Wednesday, March 13

Bashas': Dysart & Camelback, LITCHFIELD PARK

AJ's: Pima & Pinnacle Peak, SCOTTSDALE

Thursday, March 14

Bashas': Sunrise & Kolb Rd, TUCSON

Bashas': 48th St & Warner, PHOENIX

Friday, March 15

Food City: 59th Ave & Bethany Home, GLENDALE

Saturday, March 16

Food City: 1501 Arizona 89A, COTTONWOOD

Monday, March 18

Bashas': 7th St & Union Hills, PHOENIX

Wednesday, March 20

AJ's: Pima & Legacy, SCOTTSDALE

Saturday, March 23

Bashas': Bell Rd & Thompson Peak Parkway, SCOTTSDALE

Wednesday, March 27

Bashas': Cortaro & Thornydale, TUCSON

Saturday, March 30

Bashas': Camp Lowell & Swan, TUCSON

Bashas': 32nd St & Shea Blvd, PHOENIX

Tuesday, April 2

Bashas': Signal Butte & Apache Trail, APACHE JUNCTION

Wednesday, April 3

Bashas': 99th Ave & Beardsley, PEORIA

Thursday, April 4

Bashas': Power Rd & McDowell, MESA

Friday, April 5

Bashas': 7th St & Missouri, PHOENIX

Saturday, April 6

Bashas': Oracle & Golder Ranch Rd, TUCSON

Bashas': McDonald Dr & Granite Reef Rd, SCOTTSDALE

Monday, April 8

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

Friday, April 12

AJ's: Camelback & 44th St, PHOENIX

Saturday, April 13

Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA



9am–12:30pm
at these store locations:

Tuesday, April 16

Bashas': Chandler Heights & Gilbert Rd, CHANDLER

Friday, April 26

Bashas': La Cholla & River Rd, TUCSON

Saturday, April 27

Bashas': 75th Ave & Thunderbird, PEORIA

Wednesday, May 1

Bashas': Power & Chandler Heights, QUEEN CREEK

Thursday, May 2

Bashas': Brown & Higley, MESA

Friday, May 3

Food City: Arizona Ave & Ray Rd, CHANDLER

Bashas': 7th St & Missouri, PHOENIX

Saturday, May 4

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

Bashas': Warner & McClintock, TEMPE

Thursday, May 9

AJ's: Skyline & Campbell, TUCSON

Bashas': Chandler Heights & Gilbert Rd, CHANDLER

Friday, May 10

Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA

Saturday, May 11

Food City: Hwy 92 & Fry Blvd, SIERRA VISTA

Saturday, May 18

Bashas': 2700 S. Woodlands Village Blvd, FLAGSTAFF

Bashas': Verrado Way & Main St, BUCKEYE

Bashas': Baseline & Crismon, MESA

Tuesday, May 21

Bashas': Camp Lowell & Swan, TUCSON

Wednesday, May 22

AJ's: Val Vista & Baseline Rd, MESA

Saturday, May 25

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

Bashas': Power Rd & McDowell, MESA

Tuesday, May 28

Bashas': 99th Ave & Beardsley, PEORIA

Wednesday, May 29

AJ's: 67th Ave & Beardsley, GLENDALE

Friday, May 31

AJ's: Skyline & Campbell, TUCSON

Tuesday, June 4

Bashas': Ellsworth & Brown, MESA

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

Saturday, June 8

Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA

Wednesday, June 12

Bashas': Warner & McClintock, TEMPE

Thursday, June 13

Bashas': Signal Butte & Apache Trail, APACHE JUNCTION

Saturday, June 15

Bashas': 142 Hwy 260, Payson

Wednesday, June 19

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

Saturday, June 22

Bashas': Brown & Higley, MESA

Tuesday, June 25

Bashas': 75th Ave & Thunderbird, PEORIA

Wednesday, June 26

AJ's: Val Vista & Baseline Rd, MESA

Friday, June 28

Bashas': La Cholla & River Rd, TUCSON



9am–12:30pm
at these store locations:

Saturday, June 29

Bashas': 7th St & Missouri, PHOENIX

Monday, July 1

AJ's: Scottsdale Rd & Lincoln Rd, SCOTTSDALE

Tuesday, July 2

Bashas': 7th St & Union Hills, PHOENIX

Saturday, July 6

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

Tuesday, July 9

Bashas': Alma School & Riggs, SUN LAKES

Thursday, July 11

Bashas': Warner & McClintock, TEMPE

Friday, July 12

Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA

Bashas': Indian School & Hayden, SCOTTSDALE

Saturday, July 13

Bashas': Power Rd & McDowell, MESA

Thursday, July 18

Bashas': 99th Ave & Beardsley, PEORIA

Saturday, July 20

AJ's: 67th Ave & Beardsley, GLENDALE

Thursday, July 25

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

Saturday, July 27

Bashas': Signal Butte & Apache Trail, APACHE JUNCTION

Thursday, August 1

Bashas': Ellsworth & Brown, MESA

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

Healthwaves

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