



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.

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

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





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, SCOTTSDALE

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, SCOTTSDALE

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

Monday, September 30

Bashas': Dysart & Camelback, LITCHFIELD PARK

Tuesday, October 1

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

Friday, October 4

AJ's: 67th Ave & Beardsley, GLENDALE

Bashas': Power & McDowell, MESA

Saturday, October 5

Food City: Country Club & 22nd St, TUCSON

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

9am–12:30pm
at these store locations:

Saturday, November 9

AJ's: Lone Mountain & Scottsdale Rd,
SCOTTSDALE

Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA

Monday, November 11

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

9am–12:30pm
at these store locations:

Friday, December 13

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

Saturday, December 14

Bashas: La Cholla & River Rd, TUCSON
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

Thursday, December 26

Food City: Main & Stapley, MESA

Saturday, December 28

AJ's: Scottsdale Rd & Lincoln Rd, SCOTTSDALE
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, SCOTTSDALE

Thursday, February 6

Bashas: 7th St & Missouri, PHOENIX



9am–12:30pm
at these store locations:

Saturday, February 8

Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA

Bashas': Ellsworth & Brown, MESA

Monday, February 10

AJ's: Lone Mountain & Scottsdale Rd, SCOTTSDALE

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

Wednesday, March 18

AJ's: Pima & Legacy, SCOTTSDALE

Saturday, March 21

Bashas': Bell Rd & Thompson Peak Parkway, SCOTTSDALE

Wednesday, March 25

Bashas': Cortaro & Thornydale, TUCSON

Saturday, March 28

Bashas': Camp Lowell & Swan, TUCSON

Bashas': 32nd St & Shea Blvd, PHOENIX

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

9am–12:30pm
at these store locations:

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

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

Tuesday, May 30

Bashas': 99th Ave & Beardsley, PEORIA

Wednesday, May 27

AJ's: 67th Ave & Beardsley, GLENDALE

Friday, May 29

AJ's: Skyline & Campbell, TUCSON

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



9am–12:30pm
at these store locations:

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, SCOTTSDALE

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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