



Lab Screenings

SMAC-31 Super Panel \$40

8 hours fasting, water and medications only. Includes: Total Cholesterol, HDL, LDL, triglycerides, glucose, kidney and liver function, nutrition, iron, bone: calcium, electrolytes & 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) \$25

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

Hemoglobin A1C \$30

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

Homocysteine \$55

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

*New Allergy Blood Test Panels *
performed by Sonora Quest Laboratories

Arizona Desert & Mountain Panel \$205.00

New expanded inhalant panel which includes 48 specific IgE components (e.g. grasses, trees, weeds, dust, and animal) common to desert and higher elevation AZ areas.

Food Comprehensive Panel \$125.00

New panel which includes 20 of the most common food allergens including: peanut, milk, egg white, strawberry, wheat, oats, seafood, etc.

Combo (all panels above) \$310.00

Bashas' Health Styles®

smart screen



More Tests

Complete Lipid Panel \$30

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 \$30

Major iron storing protein in the body.

Vitamin B12 Test \$48

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

Folate (Folic Acid) \$32

8 hrs fasting preferred (water only).

Screening Hours:

9AM–12:30PM

2023 Schedule



Healthwaves

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

www.healthwaves.com

480.968.1886



2023 SCHEDULE

9am–12:30pm
at these store locations:

Thursday, June 1

Bashas': Higley & Brown MESA

Bashas': Union Hills & 7th St, PHOENIX

Friday, June 2

Bashas': Hayden & Indian School, SCOTTSDALE

AJ's: Skyline & Campbell, TUCSON

Saturday, June 3

Bashas': 99th Ave & Beardsley PEORIA

Bashas': 7th St & Missouri, PHOENIX

Monday, June 5

AJ's: Central & Camelback, PHOENIX

Tuesday, June 6

Bashas': Ellsworth & Brown, MESA

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

Wednesday, June 7

Bashas': Warner & 48th St, PHOENIX

Thursday, June 8

Bashas': Chandler Heights & Gilbert Rd, CHANDLER

Friday, June 9

AJ's: 67th Ave & Beardsley, GLENDALE

Bashas': Thornydale and Cortaro Farms Rd, TUCSON

Saturday, June 10

Bashas': Power & McDowell MESA

Bashas': Coffee Pot Dr & Yavapai, SEDONA

Monday, June 12

Bashas': Reems & Waddell, SURPRISE

AJ's: Pima & Pinnacle Peak Rd, SCOTTSDALE

Tuesday, June 13

Bashas': 650 Finnie Flats Rd, CAMP VERDE

Wednesday, June 14

Bashas': Dysart & Camelback, LITCHFIELD PARK

Bashas': Warner & McClintock, TEMPE

Thursday, June 15

Bashas': 142 Hwy 260, PAYSON

Friday, June 16

Food City: Mesa Dr & Brown, MESA

Food City: 32nd St & Greenway, PHOENIX

Saturday, June 17

Bashas': Palisades & Saguaro, FOUNTAIN HILLS

Bashas': Alma School & Riggs, SUN LAKES

Monday, June 19

Bashas': McDonald & Granite Reef, SCOTTSDALE

Tuesday, June 20

AJ's: Val Vista & Baseline Rd, MESA

Wednesday, June 21

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

Thursday, June 22

Bashas': Higley & Elliot, GILBERT

Bashas': Oracle & Golder Ranch, TUCSON

Friday, June 23

Bashas': Missouri & 7th St, PHOENIX

Saturday, June 24

Food City: Hwy 92 & Fry Blvd, SIERRA VISTA

AJ's: Lone Mountain & Scottsdale Rd, SCOTTSDALE

Monday, June 26

Bashas': 3269 Maricopa Ave, LAKE HAVASU CITY

Bashas': Baseline & Crismon, MESA



2023 SCHEDULE



9am–12:30pm
at these store locations:

Tuesday, June 27

Food City: Scottsdale Rd & McKellips, TEMPE

Wednesday, June 28

Bashas': Shea Blvd & 32nd St, PHOENIX

Thursday, June 29

AJ's: 44th St & Camelback, PHOENIX

Bashas': Power & Chandler Heights, QUEEN CREEK

Friday, June 30

Food City: Arizona Ave & Ray Rd, CHANDLER

Bashas': La Cholla & River Rd, TUCSON

Saturday, July 1

Bashas': Hayden & Indian School, SCOTTSDALE

Bashas': 7th St & Missouri, PHOENIX

Monday, July 3

Bashas': Dysart & Camelback, LITCHFIELD PARK

AJ's: Scottsdale & Lincoln, SCOTTSDALE

Wednesday, July 5

Bashas': 7th St & Union Hills, PHOENIX

Thursday, July 6

AJ's: 67th Ave & Beardsley GLENDALE

Friday, July 7

Bashas': Waddell Rd & Reems Rd, SURPRISE

Bashas': Bell Rd & Thompson Peak Pkwy, SCOTTSDALE

Saturday, July 8

Bashas': 650 Finnie Flats Rd, CAMP VERDE

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

Monday, July 10

Bashas': Sunrise & Kolb, TUCSON

Bashas': Power & McDowell MESA

Tuesday, July 11

Bashas': Alma School & Riggs, SUN LAKES

Thursday, July 13

Food City: Baseline & Central, PHOENIX

Bashas': Warner & McClintock, TEMPE

Friday, July 14

Bashas': Coffee Pot & Yavapai Dr, SEDONA

AJ's: Pima & Legacy, SCOTTSDALE

Saturday, July 15

Bashas': 99th Ave & Beardsley, PEORIA

Bashas': 5310 S Superstition Mountain Dr,
GOLD CANYON

Monday, July 17

Bashas': Chandler Heights & Power Rd, QUEEN CREEK

Bashas': 36889 N Tom Darlington Dr, CAREFREE

Tuesday, July 18

Bashas': Ellsworth & Brown, MESA

Wednesday, July 19

Food City: 32nd St & Greenway, PHOENIX

Food City: Campbell & Irvington Rd, TUCSON

Thursday, July 20

Bashas': Verrado Way & Main St, BUCKEYE

Friday, July 21

Bashas': Humphreys & Columbus, FLAGSTAFF

Bashas': 32nd St & Shea Blvd, PHOENIX

Saturday, July 22

AJ's: Val Vista and Baseline, MESA

AJ's: 44th St & Camelback, PHOENIX



2023 SCHEDULE



9am–12:30pm
at these store locations:

Monday, July 24

Bashas': Higley & Elliot, GILBERT

Tuesday, July 25

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

Wednesday, July 26

Bashas': Brown & Higley, MESA

Thursday, July 27

Bashas': Granite Reef Rd & McDonald Dr, SCOTTSDALE

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

Friday, July 28

Bashas': Camp Lowell & Swan, TUCSON

Saturday, July 29

Bashas': Maricopa & Smith Enke, MARICOPA

Bashas': Baseline & Crismon, MESA

Monday, July 31

AJ's: Lone Mountain & Scottsdale Rd, SCOTTSDALE