

Basic Health Panel Package Includes:

Hemogram (CBC):

This test measures red and white blood cells, hemoglobin, hematocrit, and platelets, and it can indicate anemia, infection, or clotting problems.

Cholesterol (Lipid Panel):

This measures total cholesterol, including HDL ("good"), LDL ("bad"), and triglycerides, and it helps assess risk for heart disease and stroke.

Metabolic Panel (CMP):

This test evaluates blood sugar, kidney and liver function, and electrolyte balance.



Next Steps

Always review your results with your healthcare provider.

Lab results are just one part of your overall health profile.

Remember that results may be influenced by age, gender, race, diet, medications, and adherence to test instructions. Sometimes values outside the reference range are still normal for you. These results can be used as a starting point for conversation about lifestyle or treatment changes.

Please discuss abnormal lab results with your provider — they will interpret them in the context of your health history.

www.sphosp.org
(907) 235-0338

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Health Fair Lab Tests

Learn more about 2025's screenings offered in partnership with the Homer-Kachemak Bay Rotary Club.



South Peninsula Hospital

Iron Panel Includes:

This panel tests for **iron**, which is essential for oxygen transport; **transferrin**, a protein that carries iron; and **ferritin**, which reflects the amount of stored iron in the body. This information can help detect iron deficiency anemia, iron overload, and other conditions impacting red blood cell production.

Vitamin Panel Includes:

This panel tests for **Vitamin D**, which is important for bone strength via calcium absorption and immunity; **Vitamin B**, which supports nerve function and red blood cell production; and **folate**, which is necessary for DNA production and red blood cell health.

Wellness Package Includes:

- Basic Panel
 - Hemogram
 - Cholesterol
 - Metabolic Panel
- Vitamin D
- Thyroid Stimulating Hormone (TSH)



Additional Tests

Prostate Specific Antigen (PSA):

This test screens for prostate health, and elevated levels may reflect benign enlargement, infection, or prostate cancer.

Thyroid Stimulating Hormone (TSH):

This screening provides information on thyroid function important to a variety of metabolic activities in the body.

Hemoglobin A1C:

This test indicates your average blood sugar over the past 2–3 months and is used to screen for prediabetes and diabetes.

You can access your lab results as soon as they're available in your new MyChart portal.