Community Lab Health Screens

We offer these screenings to adults 18 years and older at a minimal cost. We provide this low-cost screening as a community service and no insurance is filed. You are eligible for this low-cost screening once a year.

Community Lab Health Screen Hours

7:00 a.m. to 6:00 p.m. Monday through Friday

Fasting Requirements

• Fast for 12 hours prior to your blood draw.
• It is OK to drink water and take prescription medications as directed by your health care provider.
• Black coffee is approved, but not ideal (no sugar, milk or artificial sweetener allowed).

For more information, call 907-486-3281

Mission

As people of Providence, we reveal God’s love for all, especially the poor and vulnerable, through our compassionate service.

Core Values

Respect
Compassion
Justice
Excellence
Stewardship

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http://alaska.providence.org
About your test results
We provide community labs health screens as a community service, but we do not provide a review of test results. You should talk with your health care provider about any questions regarding these tests and your results.

We provide two copies of your test results: One copy for your records and one copy for you to take to your health care provider. Note: We do not forward these results to your provider.

What about my insurance?
No insurance is filed, and we do not file any paperwork that applies towards your insurance deductible. Payment is made at time of service.

What about running other tests?
We require a physician’s order for any labs not listed here.

If you have other tests you or your health care provider would like to have run, please speak with your health care provider about ordering those tests before your community labs health screen.

Note for men: PSA tests are not included as part of the community labs health screen. We require a physician’s order to run this test.

How do I get my results?
You can either pick up your results at the end of the day your blood is drawn or we can mail results to your home address. Please make sure to provide your current mailing address. We apologize, but we do not fax results.

What tests are performed?
Here are some brief descriptions about the tests performed. If you have any questions regarding these tests or your results, speak with your health care provider.

WBC (White blood cell count)
Used to indicate infection or inflammation and to follow the progress of certain diseases.

RBC, HGB, HCT, MCV, MCHC, RDW
They are used in the diagnosis and treatment of anemias.

Sodium
Regulated by the kidneys and adrenal glands. It is important for the functioning of nerves, muscles and most cells.

Potassium
Regulated by the kidneys. It is important for the proper functioning of muscles and nerves.

GLU (glucose)
This is a measure of sugar level in your blood. High levels can be associated with diabetes and eating before the test. If your value is above 200, consult with your physician.

BUN (Blood urea nitrogen) and CREAT (Creatinine)
These substances are waste products of the body’s metabolism. Since they are eliminated in the urine, levels in blood reflect the overall kidney function.

Calcium
This test indicates bone and teeth status, and the hormones which influence them. Calcium level is important for normal blood coagulation.

Bili, T (Total bilirubin)
This test is for jaundice. Liver disease is the most common cause for elevation. Bilirubin may also be elevated from excessive breakdown of red blood cells.

Tot Prot (Total protein) and ALB (Albumin)
These tests measure the amount and type of protein in the blood. They are a general index of health and nutrition.

SGPT/ALT (Alanine amino transferase)
These are proteins called enzymes which aid various chemical activities within cells. Injury to cells releases these enzymes into the blood.

ALK PHOS (Alkaline phosphatase)
This enzyme is found in the liver and bones. It is useful in detecting diseases of these organs.

CHOL (Cholesterol) and TRIG (Triglycerides)
These are two of the most important lipids (fats) found in blood. Evaluation of both is helpful in predicting risk of hardening of the arteries, whether it be in the heart or brain. CHOL level should be <200 mg/dl and TRIG should be <150 mg/dl.

HDL (High density lipoprotein) and LDL (Low density lipoprotein)
These are two of several types of fat which are measured as cholesterol. It has been shown that the higher the level of HDL the lower the risk of developing heart disease.

Want to add a PSA or other test to your community labs? Have your health care provider submit a physician’s order.