

Affordable Wellness Plan™
The MONSTER Plan
\$500+ Super Life Saving Wellness plan

Serious medical conditions such as:

- ♥ Heart Disease
- ♥ Prostate Cancer
- ♥ Diabetes
- ♥ High Cholesterol
- ♥ And More...

Can go undetected for up to two years without noticeable symptoms. Comprehensive blood work performed routinely could help prevention and/or early detection of diseases. The earlier a problem is detected the easier and more likely it is to be treatable. Both disease prevention and early detection could save your life.

Affordable Wellness Plans is proudly assisting in the prevention and/or early detection of diseases by providing a simple, low cost, high-quality screening program directly and confidentially to its members. The program does not require a Doctor's appointment. A doctor's lab order is provided. Members can get their blood tests done with savings of up to 80% off typical laboratory costs. The tests available are the same lab tests offered by Physicians, and are analyzed by the same Clinical Laboratory Improvement Amendments (CLIA) – certified, accredited labs such as Lab Corp. **Affordable Wellness Plan** members save the cost of the doctor's visit to order the lab work.

The Wellness Blood Test Panel offered by **Affordable Wellness Plans** includes blood panels* and profiles* on the major organs of your body as shown below:

The Affordable Wellness Plan™ \$500+ blood test consists of the following panels with details below:

- Complete Blood Count (CBC)
- Lipid Profile
- Liver Profile
- Kidney Panel
- Thyroid Profile w/TSH (Women)
- PSA Screening (Men)
- Minerals and Bone
- Fluids and Electrolytes
- Diabetes Screening (fasting glucose)
- Urinalysis

- Estrogens (women optional)
- CA125 Ovarian cancer test (women optional)
- Hemoglobin (HGB)a1c (optional)
- Testosterone (optional)
- Vitamin D, hydroxy (optional)
- Thyroid with TSH (optional)

Complete Blood Count

WBC- White blood cells are the body's primary defense against disease. White blood cells help fight infection.

RBC- Red blood cells are responsible for carrying oxygen and carbon dioxide to all cells. Iron deficiency will lower RBC.

Hemoglobin-A chemical compound inside red cells that transports oxygen through the blood stream to all cells of the body. Oxygen is needed for healthy organs. Hemoglobin gives the red color to blood.

Hematocrit - Hematocrit measures the amount of space red blood cells take up in the blood. It is reported as a percentage.

Lymphocytes-The results of this and basophils, eosinophils, monocytes and neutrophils deal with white blood cell function. Important to the body's defense against infection. Also important in the assessment of nutritional status.

Monocytes- The results of this and basophils, eosinophils, lymphocytes, and neutrophils deal with white blood cell function. Important to the body's defense against infection. Also important in the assessment of nutritional status.

MCH Mean-Corpuscular Hemoglobin is one way to measure the average hemoglobin concentration within red blood cells, which varies from normal with different diseases.

MCHC Mean-corpuscular hemoglobin concentration

MCV Mean-corpuscular volume measures red blood cell volume.

Monocytes- Important in the assessment of nutritional status

Neutrophils- The results of this and basophils, eosinophils, lymphocytes, and monocytes deal with white blood cell function. Important to the body's defense against infection and also important in the assessment of nutritional status