**Instructions on How to Order Your Own Lab Testing**

We have partnered with a national Wholesale Blood Lab Testing Service that allows you to order the recommended lab testing on yourself at some of the lowest pricing available. Here’s how you order:

1. Go to www.BLTSystem.com and then click “Order Lab Testing” in the upper right.
2. In the search bar (at the top left) type in the Code number of the test you are ordering and hit enter.
3. Verify it is the correct test and then click on the “Add to Cart” button.
4. Do the same for each lab test you are ordering, and then click on “View Cart Now” in the upper right.
5. Fill in the required billing and payment information at the checkout page.
6. In the “Send Lab Results to email at” field type in my provider email: email@emailaddress.com
7. Click the “Submit Order” button at the bottom of the page to complete your order.
8. Your Lab Orders and instructions will arrive to you by email to download usually within 24 - 48 hours.
9. Contact the health provider who recommended this lab testing if you have any questions.

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| **Code** | **Test Name** | **Price** |  | **Code** | **Test Name** | **Price** |  | **Code** | **Test Name** | **Price** |
| 006056 | ABO Grouping | $11.44 |  | 266015 | Folate, RBC | $66.95 |  | 005215 | Sedimentation Rate | $9.65 |
| 001081 | Albumin, Serum | $8.15 |  | 100800 | Fructosamine | $26.25 |  | 082016 | SHBG | $29.50 |
| 001107 | Alkaline Phosphatase | $7.85 |  | 028480 | FSH and LH | $24.93 |  | 001198 | Sodium, Serum | $8.15 |
| 001545 | ALT (SGPT) | $8.15 |  | 004309 | FSH, Serum | $14.44 |  | 001156 | T3 Uptake | $8.45 |
| 500183 | Anti-Mullerian Hormone | $88.00 |  | 001958 | GGT | $7.85 |  | 140103 | Testosterone, Free & Total | $93.73 |
| 164855 | Anti-Nuclear Antibodies | $15.59 |  | 001032 | Glucose, Serum | $7.98 |  | 004226 | Testosterone, Total | $21.31 |
| 001123 | AST (SGOT) | $8.15 |  | 004275 | Growth Hormone, Serum | $65.65 |  | 006684 | Thyroid Antibodies | $21.16 |
| 001099 | Bilirubin, Total | $7.85 |  | 001453 | Hemoglobin, A1c | $8.65 |  | 333417 | Thyroid Complete | $88.50 |
| 001040 | BUN | $8.15 |  | 706994 | Homocysteine, Serum | $28.01 |  | 006676 | TPO Antibody | $11.99 |
| 081091 | Calcitrol (1,25 di-OH Vit D) | $43.90 |  | 010363 | IGF-1 | $33.65 |  | 001149 | Thyroxine (T4) | $8.15 |
| 001016 | Calcium, Serum | $8.15 |  | 004333 | Insulin | $12.01 |  | 001974 | Thyroxine (T4), Free | $10.75 |
| 001578 | Carbon Dioxide, Total | $8.15 |  | 001321 | Iron and TIBC | $8.70 |  | 001073 | Total Protein, Serum | $8.15 |
| CARDIO1 | Cardio Health Panel | $113.03 |  | 001339 | Iron, Serum | $8.15 |  | 004937 | Transferrin, Serum | $14.44 |
| 005009 | CBC with Differential | $8.90 |  | 001115 | LDH | $7.85 |  | 002188 | Triiodothyronine (T3) | $11.10 |
| 001206 | Chloride, Serum | $8.15 |  | 055582 | LH + FSH + DHEA-S | $43.63 |  | 010389 | Triiodothyronine (T3), Free | $14.45 |
| 322000 | Comp Metabolic 14 | $9.65 |  | 221010 | Lipid Panel | $9.65 |  | 004259 | TSH | $11.44 |
| 370144 | Comprehensive Lab Panel | $199.99 |  | 004283 | LH, Serum | $14.44 |  | 001348 | UIBC | $9.65 |
| 104018 | Cortisol - AM | $14.44 |  | 080283 | Magnesium, RBC | $19.59 |  | 001057 | Uric Acid, Serum | $7.85 |
| 120766 | C-Reactive Protein, Cardiac | $16.15 |  | 001537 | Magnesium, Serum | $8.84 |  | 003772 | Urinalysis, Complete | $8.63 |
| 001370 | Creatinine, Serum | $8.15 |  | 706961 | Methylmalonic Acid | $60.15 |  | 000810 | Vit B12 + Folate, Serum | $25.50 |
| 004020 | DHEA - Sulfate | $24.35 |  | 884247 | NMR LipoProfile | $93.73 |  | 001503 | Vitamin B12, Serum | $15.59 |
| 004515 | Estradiol (E2), Serum | $24.93 |  | PAIN01 | Pain Panel | $62.83 |  | 004655 | Vitamin B6, Plasma | $54.05 |
| 004614 | Estriol (E3), Serum | $26.28 |  | 001024 | Phosphorus, Serum | $7.85 |  | 081950 | Vitamin D, 25-Hydroxy | $33.50 |
| 004549 | Estrogens, Total | $28.03 |  | 001180 | Potassium, Serum | $8.15 |  | 070029 | Zinc, RBC | $100.53 |
| 004564 | Estrone, (E1), Serum | $29.50 |  | 140707 | Pregnenolone, MS | $45.00 |  |  |  |  |
| 004598 | Ferritin, Serum | $8.45 |  | 004317 | Progesterone, Serum | $17.29 |  |  |  |  |
| 001610 | Fibrinogen Activity | $10.79 |  | 010322 | Prostate-Specific Ag | 17.29 |  |  |  |  |
| 002014 | Folate, Serum | $13.86 |  | 070104 | Reverse T3 | $27.35 |  |  |  |  |

Many people will pay for their recommended lab testing using a Healthcare Savings Account (HSA) or medical spending account. You will receive an invoice for you records by email shortly after you complete your order. You also have the option to submit your order for lab testing to your own insurance. Paying the wholesale cost out-of-pocket for the lab testing will ensure you pay some of the lowest cost, and then you will get an invoice by email for the lab testing which you can then submit to your own insurance for possible reimbursement depending on your insurance coverage.