

Lab Testing Discounts

The Direct Access Lab services claim savings on laboratory test of 20%-70%. Testing is not available in NY, NJ, RI or MA.

Visit:

Direct Labs: www.directlabs.com/ccms or call 1-800-908-0000 (mention Christian Care Ministry)

Prepaid Labs: www.mychristiancarelabs.com or call 1-800-903-3921 (mention Christian Care Ministry)

Laboratory testing is not a treatment but a tool to aid in the detection of illness and disease. Your test results should show a range for normal readings. It is possible that results outside of the normal range may indicate a false positive or may be normal for you. **If your results do fall outside of the normal range it is important that you consult with your doctor.** It is also a good idea to share your results with your doctor even if they are in the normal range.

This information is being provided to CCM members as a courtesy so they can take advantage of the cost savings offered. Christian Care Ministry does not endorse these companies. It is also important to note that according to the Medi-Share Guidelines, Section VIII.E., well patient care, including routine lab studies, is not shareable.

Use the check list below in order to obtain your best personal results.

For Labs:

- ✓ Do not fast more than 12 hours. (A prolonged fast can raise cholesterol levels)
- ✓ Stay well hydrated by drinking 8-10 glasses of water per day for 72 hours before testing.
- ✓ Some medications and supplements can affect your results. Please list all your meds.
- ✓ Be well rested and stay calm. Undue anxiety and nervousness can affect blood pressure and some lab values.
- ✓ Blood drawn from a vein is more reliable than a finger stick. Finger stick samples may need to be repeated, especially if the finger was squeezed or milked to get the blood drop.
- ✓ Laboratories often discount a combined lipid and glucose test.

For Waist:

- ✓ For waist measure apply measuring tape to skin at the level of your umbilicus. (belly button)

For Blood Pressure:

- ✓ Sit for 5 minutes before you check your blood pressure.
- ✓ Position is important for obtaining accurate results. Place your elbow on a table at the level of your heart for testing and keep your feet uncrossed and touching the floor. (The left arm is usually the most accurate)