



5 Health & Wellness Screenings You Need Now

Managing your health and wellness doesn't need to be complicated. In fact, it may be as simple as ingesting a dietary supplement, taking an injectable supplement, or a lifestyle change that is easy to work into your schedule.

But knowing *which* action to take is critical. Simply popping Vitamin C drops won't help you much if you have a cardiac issue or early diabetes. That's where health and wellness screenings come in. Much can be learned about your body's overall health with a fast, simple blood draw. Let's look at 5 screenings that any adult should have regularly to take control of their health and stay feeling their best for years to come.

Complete Blood Count (CBC) and Comprehensive Metabolic Panel (CMP)

Together, these two tests evaluate your overall health. They screen for anemia, infections, and bleeding disorders. Furthermore, they detect both obvious and emergent issues with both kidney and liver function. First, the CBC measures blood cell levels including white blood cells, red blood cells, platelets, and more. The CMP, on the other hand, includes a broad spectrum of components that include an overview of your electrolytes and blood sugar levels. Together, they provide a broad picture to see how your body is functioning and serve as a first step toward understanding your body is operating overall.

Lipid Panel and Omega Check

A lipid panel measures cholesterol and other fats found in your blood. In this way, it helps you to evaluate your risk of cardiac illness even if you show no overt symptoms. People with a family history of heart disease should have this test taken immediately. An Omega Check, on the other hand, detects Omega-3 Fatty Acid levels. It complements the cholesterol check as low levels of the fatty acid can predict risk of hypertension and hyperlipidemia. Often, a simple [Omega-3 supplement may be used to help you lower these risks](#) and assist your body in absorbing the nutrients it needs.

Hemoglobin A1C (hbA1C)

More than 37 million Americans suffer from diabetes. Worse, [23% of them are undiagnosed](#) according to the CDC. Frequent urination, thirst, hunger, blurry vision, cuts and bruises that won't heal, and fatigue can all be signs of early diabetes. And while diabetes has come to be associated with high weight, even sudden weight loss can signal diabetes. The Hemoglobin A1C test measures an individual's average blood sugar levels over a span of 2 to 3 months. This test assesses risk for anyone undiagnosed while also monitoring those who already have a known condition. This test truly saves lives with early detection of an issue that can be addressed through simple interventions.

Intracellular Micronutrient Test

You probably already know that your body needs micronutrients: vitamins, minerals, and certain metals. Everything from mood and energy levels to immune response depend on them. For that reason, it's important to know which nutrients you're lacking. Still, typical micronutrient tests use a method called serum testing which only looks at extracellular space. That is, you learn which nutrients are present, but not how your body uses them. Intracellular testing actually digs inside the individual blood cells after a blood sample is taken. In this way, intracellular testing informs you how well or badly your body uses the nutrients you need for healthy living with far greater accuracy.

Thyroid Panel and Cortisol Level

These panels provide a great way to monitor stress and hormone levels, both of which can have a great impact on your overall health and wellness. Particularly important among aging populations, these tests help adults of any age understand stress and hormone levels. These tests also help you in monitoring chronic disorders. For instance, fibromyalgia and chronic fatigue syndrome can both be affected by your thyroid gland and cortisol levels. Even high blood pressure, weight gain, depression, and anxiety can play a role in the intricate interplay between your thyroid function and cortisol levels. The first step is testing to see if your system is not functioning at its best.

Your First-Stop Wellness Solution

Most major health issues start out small. Early intervention saves lives, but the key lies in early detection. The best place to start is with a simple health panel. [ARCpoint Labs](#) provides simple, safe, and accurate wellness panels to help you take control of your health. We offer each of the vital screenings mentioned above plus many more to help you discover the precise issues which may affect you today down the road.

What's more, no doctor's visit or even insurance is required. In most cases, we can have you safely in and out of our office in half an hour. Your results will be reviewed and securely shared with you directly and your doctor if you desire. Take control of your health starting today.

[Find your local ARCpoint Lab](#) to speak with a professional and decide which screenings are best for you!