



Lab Screenings

SMAC-31 Super Panel \$35

8 hours fasting, water and medications only. Includes: Total Cholesterol, HDL, LDL, triglycerides, glucose, kidney and liver function, nutrition, iron, bone, electrolytes and more.

Prostate Specific Antigen (PSA) \$48

Recommended for men 40 and older.

C-Reactive Protein-High Sensitivity \$35

8 hours fasting (preferred). Helps predict heart attack risk.

Complete Blood Count (CBC) \$20

Tests for anemia & assesses different cells found in the blood.

Hemoglobin A1C \$25

No fasting necessary. This test is used for diabetic patients to monitor glucose control over the last few months.

Homocysteine \$90

Rheumatoid Arthritis Panel \$95

TSH Thyroid \$38 | T3, T4 & T7 Thyroid \$28

Both Thyroid Panels \$58

Normally \$66, you save \$8.

Apolipoprotein A-1 & B \$68

An advanced & sensitive indicator of cardiovascular risk.

Colorectal Cancer Screening \$30

Take-home kit for screening fecal-occult blood. Kit must be returned in provided envelope to Healthwaves.

Vitamin D \$48

Fasting preferred, primarily recommended to check for Vitamin D deficiency which is common in children and adults.

Basic Food Panel \$70

Tests 46 items (includes: milk, eggs, meats and grains).

Southwest Regional Inhalant Panel \$70

Tests 45 items (includes: grasses, dust, pollens and pet hair).

Comprehensive Food Panel \$130

Tests 90 items—all of basic panel plus many more food items.

Combo Prices:

Basic Food and Southwest Regional Inhalant Panels \$125

Comprehensive Food & SW Regional Inhalant Panels \$175

Allergy



Healthwaves
Corporate wellness Team

1615 W University Dr, Suite 137 > Tempe, AZ 85281

www.healthwaves.com | 480.968.1886

NEW Tests

Complete Lipid Panel \$25

Chol, HDL, VLDL, Trig, Chol/HDL Ratio

Cardio IQ \$ 85

8 hrs fasting (water & medications ok)
Lipoprotein Fractionation w/lipids. (Includes LDL Particle Number, Pattern, HDL Large, LDL Small, Medium, etc + complete lipid profile)

Testosterone Adult Males Total \$85

Hormone secreted by testicles in men, ovaries in women, and in small amounts by adrenal glands.

Testosterone Total & Free \$85

Recommended for men 40 and older.

Testosterone Total Women & Children \$85

This test is recommended for females, children less than 18 & hypogonadal males.

Free T3 \$85

Thyroid hormone circulating not attached to a protein—more specific test than the panel.

Free T4 \$55

Thyroid hormone circulating not attached to a protein—more specific test than the panel.

Ferritin \$40

Major iron storing protein in the body.

PT/INR \$35

Clotting time of blood.

Vitamin B12 Test \$75

Found in meat, fish & dairy. Helps with fatigue, memory, prevent anemias, lowers homocysteine.

Folate (Folic Acid) \$55

8 hrs fasting preferred (water only). B vitamin important for cell growth, metabolism, neurogenic & cardiac health.

9am–12:30pm
at these store locations:

2016

Monday, August 1

Bashas': Sunrise & Kolb Rd, TUCSON

Thursday, August 4

Bashas': 99th Ave & Beardsley, PEORIA

Saturday, August 6

Bashas': 75th Ave & Thunderbird, PEORIA

Monday, August 8

Bashas': Brown & Mesa Dr, MESA

Tuesday, August 9

AJ's: 67th Ave & Beardsley, GLENDALE



9am–12:30pm
at these store locations:

2016

Friday, August 12

Bashas': La Cholla & River Rd, TUCSON

Saturday, August 13

Bashas': Signal Butte & Apache Trail,
APACHE JUNCTION

Friday, August 26

Bashas': Chandler Blvd & Dobson, CHANDLER
AJ's': Skyline & Campbell, TUCSON

Saturday, August 27

Bashas': RH Johnson & Meeker Blvd, SUN CITY WEST

Monday, August 29

Bashas': Oracle & Golder Ranch, TUCSON

Tuesday, August 30

Bashas': Superstition Mountain Dr & Hwy 60,
GOLD CANYON
Bashas': 32nd St & Shea Blvd, PHOENIX

Wednesday, August 31

Bashas': Dysart & Camelback Rd, LITCHFIELD PARK

Thursday, September 1

Bashas': Power Rd & McDowell, MESA
AJ's': Pima & Pinnacle Peak, SCOTTSDALE

Friday, September 2

Bashas': McClintock & Warner Rd, TEMPE

Saturday, September 3

Bashas': 75th Ave & Thunderbird, PEORIA
Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA

Saturday, September 10

Bashas': 7th St & E Union Hills, PHOENIX

Friday, September 16

Bashas': 2700 S Woodlands Village Blvd, FLAGSTAFF

Saturday, September 17

Bashas': Pima & Legacy, SCOTTSDALE

Friday, September 23

Bashas': Oracle & Golder, TUCSON

Thursday, September 29

AJ's': Pima & Pinnacle, SCOTTSDALE

Saturday, October 1

AJ's': Skyline & Campbell, TUCSON

Friday, October 7

Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA
Bashas': 32nd St & Shea Blvd, PHOENIX

Saturday, October 8

Bashas': Gilbert & McKellips Rd, MESA

Monday, October 10

Bashas': Power Rd & McDowell, MESA

Friday, October 14

AJ's': Scottsdale Rd & Lincoln Rd, SCOTTSDALE
Bashas': RH Johnson & Meeker Blvd, SUN CITY WEST

Saturday, October 15

Bashas': 2700 S Woodlands Village Blvd, FLAGSTAFF
Bashas': Cortaro & Thornydale, TUCSON

Friday, October 21

Bashas': Ellsworth & Brown, MESA
Bashas': 99th Ave & Beardsley, PEORIA

Saturday, October 22

Food City': 300 N Florence St, Casa Grande

Monday, October 24

Bashas': Signal Butte & Apache Trail,
APACHE JUNCTION
Bashas': Warner & 48th St, PHOENIX

Saturday, October 29

Bashas': 3269 Maricopa Ave, LAKE HAVASU CITY
Bashas': 56th St & Ray Rd, CHANDLER

Friday, November 4

Bashas': Cortaro & Thornydale, TUCSON

Saturday, November 5

Bashas': 7th St & Missouri, PHOENIX
Food City': Apache Trl & Ironwood, APACHE JUNCTION



9am–12:30pm
at these store locations:

2016

Friday, November 11

Bashas': Power & Chandler Heights, QUEEN CREEK

Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA

Saturday, November 12

Bashas': McClintock & Warner Rd, TEMPE

Bashas': La Cholla & River Rd, TUCSON

Monday, November 14

Bashas': McDonald Dr & Granite Reef Rd, SCOTTSDALE

Tuesday, November 15

Bashas': 99th Ave & Beardsley, PEORIA

Wednesday, November 16

AJ's: Skyline & Campbell, TUCSON

Thursday, November 17

Bashas': Warner Rd & 48th St, PHOENIX

Friday, November 18

Bashas': 32nd St & Shea Blvd, PHOENIX

Saturday, November 19

Bashas': 3360 E Andy Devine Ave, KINGMAN

Bashas': Bell & Thompson Peak Parkway, SCOTTSDALE

Monday, November 21

Bashas': RH Johnson & Meeker Blvd, SUN CITY WEST

AJ's: Central & Camelback Rd, PHOENIX

Tuesday, November 22

Bashas': Ellsworth & Brown, MESA

Friday, November 25

AJ's: Scottsdale Rd & Lincoln Rd, SCOTTSDALE

Saturday, November 26

AJ's: Val Vista & Baseline Rd, MESA

Bashas': Oracle & Golder Ranch, TUCSON

Monday, November 28

Bashas': 7th St & Missouri, PHOENIX

Bashas': Brown & Higley, MESA

Tuesday, November 29

Bashas': Indian School & Hayden, SCOTTSDALE

Bashas': Dysart & Camelback Rd, LITCHFIELD PARK

Wednesday, November 30

Bashas': 7th Ave & Osborn, PHOENIX

Bashas': 67th Ave & Beardsley, GLENDALE

Thursday, December 1

Bashas': Power & McDowell, MESA

Bashas': Waddell & Reems Rd, SURPRISE

Friday, December 2

Bashas': Gilbert & McKellips, MESA

Food City: Country Club & 22nd St, TUCSON

Saturday, December 3

Bashas': Gilbert & Chandler Heights, CHANDLER

AJ's: Camelback & 44th St, PHOENIX

Monday, December 5

Bashas': 99th Ave & Beardsley, PEORIA

Bashas': Sunrise & Kolb Rd, TUCSON

Tuesday, December 6

AJ's: Lone Mountain & Scottsdale, SCOTTSDALE

Wednesday, December 7

Food City: McDowell & 32nd St, PHOENIX

Food City: Dorsey & Apache Blvd, TEMPE

Thursday, December 8

AJ's: 56th & Ray Rd, CHANDLER

Bashas': Palisades & Sahuaro, FOUNTAIN HILLS

Friday, December 9

Food City: Scottsdale & McKellips, SCOTTSDALE

AJ's: Frank Lloyd Wright & Thompson Peak Pkwy,
SCOTTSDALE

Saturday, December 10

Bashas': La Cholla & River Rd, TUCSON

Food City: 59th Ave & Bethany Home, GLENDALE

Monday, December 12

AJ's: Central & Camelback, PHOENIX

AJ's: Pima & Pinnacle Peak, SCOTTSDALE

Tuesday, December 13

AJ's: Skyline & Campbell, TUCSON

Bashas': Warner & McClintock, TEMPE



9am–12:30pm
at these store locations:

2016

Wednesday, December 14

Bashas': Dobson & Chandler Blvd, CHANDLER

Bashas': 75th Ave & Thunderbird, PEORIA

Thursday, December 15

Bashas': Maricopa Rd & Smith Enkle, MARICOPA

Bashas': Higley & Elliot, GILBERT

Friday, December 16

Bashas': 7th St & E Union Hills, PHOENIX

Bashas': RH Johnson & Meeker, SUN CITY WEST

Food City: 4th St & Main, AVONDALE

Saturday, December 17

Bashas': Brown & Mesa Dr, MESA

Bashas': Warner & 48th, PHOENIX

Food City: Ajo & Mission, TUCSON

Monday, December 19

Food City: Baseline & Hardy, TEMPE

Bashas': Bell & Thompson Peak Pkwy, SCOTTSDALE

Tuesday, December 20

Bashas': Alma School & Riggs Rd, SUN LAKES

Food City: Bethany Home & 27th Ave, PHOENIX

Wednesday, December 21

Bashas': Camp Lowell & Swan, TUCSON

AJ's: Val Vista & Baseline Rd, MESA

Thursday, December 22

Bashas': 2700 S Woodlands Village Blvd, FLAGSTAFF

Bashas': 7th St & Missouri, PHOENIX

Tuesday, December 27

Bashas': 32nd St & Shea Blvd, PHOENIX

Wednesday, December 28

Bashas': Ellsworth and Brown, MESA

Food City: Van Buren & Dysart, AVONDALE

Thursday, December 29

Food City: Southern & 48th St, PHOENIX

Friday, December 30

Bashas': McDonald Dr & Granite Reef Rd, SCOTTSDALE

2017

Monday, January 2

Bashas': Chandler Blvd & Dobson, CHANDLER

Wednesday, January 4

Bashas': La Cholla & River Rd, TUCSON

Thursday, January 5

Bashas': Signal Butte & Apache Trail,
APACHE JUNCTION

Friday, January 6

Bashas': RH Johnson & Meeker Blvd, SUN CITY WEST

Saturday, January 7

Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA

Monday, January 9

AJ's: Lone Mountain & Scottsdale Rd, SCOTTSDALE

Tuesday, January 10

Bashas': Brown & Higley, MESA

Wednesday, January 11

Bashas': Dysart & Camelback Rd, LITCHFIELD PARK

Bashas': Indian School & Hayden, SCOTTSDALE

Monday, January 16

AJ's: Val Vista & Baseline Rd, MESA

Wednesday, January 18

AJ's: Pima & Pinnacle Peak, SCOTTSDALE

Friday, January 20

Bashas': 99th Ave & Beardsley, PEORIA

Saturday, January 21

AJ's: Camelback & 44th St, PHOENIX

Monday, January 23

Bashas': Cortaro & Thornydale, TUCSON

Tuesday, January 24

Bashas': 32nd St & Shea Blvd, PHOENIX

Friday, January 27

Bashas': Bell & Thompson Peak Parkway, SCOTTSDALE



9am–12:30pm
at these store locations:

2017

Saturday, January 28

Bashas': Sunrise & Kolb Rd, TUCSON

Monday, January 30

AJ's: 67th Ave & Beardsley, GLENDALE

Monday, February 6

Bashas': Ellsworth & Brown, MESA

Tuesday, February 7

Bashas': Chandler Blvd & Dobson, CHANDLER

Thursday, February 9

Bashas': Gilbert & Mckellips Rd, MESA

Friday, February 10

Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA

Saturday, February 11

Bashas': 75th Ave & Thunderbird, PEORIA

Monday, February 13

AJ's: Scottsdale Rd & Lincoln Rd, SCOTTSDALE

Wednesday, February 15

Bashas': 7th St & Missouri, PHOENIX

Thursday, February 16

Bashas': Pima & Legacy, SCOTTSDALE

Friday, February 17

Food City: 59th Ave & Bethany Home, GLENDALE

Monday, February 20

Bashas': Palisades & Sahuaro, FOUNTAIN HILLS

Wednesday, February 22

Bashas': RH Johnson & Meeker Blvd, SUN CITY WEST

Thursday, February 23

Food City: Arizona Ave & Ray Rd, CHANDLER

Tuesday, February 28

Food City: Main and Stapley, MESA

Wednesday, March 1

AJ's: Central & Camelback Rd, PHOENIX

Saturday, March 4

Bashas': McClintock & Warner Rd, TEMPE

Tuesday, March 7

Bashas': 32nd St & Shea Blvd, PHOENIX

Wednesday, March 8

AJ's: Pima & Pinnacle Peak, SCOTTSDALE

Thursday, March 9

AJ's: Skyline & Campbell, TUCSON

Saturday, March 11

Bashas': Brown & Higley, MESA

Thursday, March 16

Bashas': McDonald Dr & Granite Reef Rd, SCOTTSDALE

Monday, March 20

Bashas': Gilbert & Chandler Heights, CHANDLER

Tuesday, March 21

AJ's: Val Vista & Baseline Rd, MESA

Wednesday, March 22

Bashas': Baseline & Crismon, MESA

Thursday, March 23

Bashas': Indian School & Hayden, SCOTTSDALE

Monday, March 27

Bashas': Warner & 48th St, PHOENIX

Wednesday, March 29

Bashas': Cortaro & Thornydale, TUCSON

Thursday, March 30

AJ's: Frank Lloyd Wright & Thompson Peak Pkwy,
SCOTTSDALE



9am–12:30pm
at these store locations:

2017

Monday, April 3

Bashas': 7th St & Missouri, PHOENIX

Friday, April 7

Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA

Saturday, April 8

Bashas': RH Johnson & Meeker Blvd, SUN CITY WEST

Monday, April 10

AJ's: 67th Ave & Beardsley, GLENDALE

Wednesday, April 12

AJ's: Scottsdale Rd & Lincoln Rd, SCOTTSDALE

Friday, April 14

Bashas': Signal Butte & Apache Trail,
APACHE JUNCTION

Saturday, April 15

Bashas': 142 E Arizona 260, PAYSON

Monday, April 17

Bashas': La Cholla & River Rd, TUCSON

Thursday, April 20

AJ's: Camelback & 44th St, PHOENIX

Saturday, April 22

Bashas': 99th Ave & Beardsley, PEORIA

Monday, April 24

Bashas': 7th St & E Union Hills, PHOENIX

Wednesday, April 26

Bashas': Alma School & Riggs, SUN LAKES

Wednesday, May 3

Bashas': 7th St & Missouri, PHOENIX

Friday, May 12

Bashas': Power Rd & McDowell, MESA

Saturday, May 13

Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA

Monday, May 15

Bashas': 75th Ave & Thunderbird, PEORIA

Wednesday, May 17

AJ's: Skyline & Campbell, TUCSON

Monday, May 22

Bashas': RH Johnson & Meeker Blvd, SUN CITY WEST

Thursday, May 25

AJ's: Pima & Pinnacle Peak, SCOTTSDALE

Saturday, May 27

Bashas': Superstition Mountain Dr & Hwy 60,
GOLD CANYON

Friday, June 2

Food City: 1501 Arizona 89A, COTTONWOOD

Saturday, June 3

Bashas': 99th Ave & Beardsley, PEORIA

Tuesday, June 6

Bashas': Camp Lowell & Swan, TUCSON

Friday, June 9

Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA

Thursday, June 15

Bashas': Cortaro & Thornydale, TUCSON

Monday, June 19

Bashas': 7th St & Missouri, PHOENIX

Thursday, June 22

Bashas': Ellsworth & Brown, MESA

Monday, June 26

Bashas': McDonald Dr & Granite Reef Rd, SCOTTSDALE



9am–12:30pm
at these store locations:

2017

Thursday, June 29

Bashas': Brown & Higley, MESA

Friday, June 30

Bashas': 75th Ave & Thunderbird, PEORIA

Saturday, July 1

Bashas': Power & Chandler Heights, QUEEN CREEK

Wednesday, July 5

AJ's: Camelback & 44th St, PHOENIX

Friday, July 7

AJ's: Lone Mountain & Scottsdale Rd,
SCOTTSDALE

Saturday, July 8

Bashas': Chandler Blvd & Dobson, CHANDLER

Monday, July 10

Bashas': 99th Ave & Beardsley, PEORIA

Saturday, July 15

Bashas': Coffee Pot Dr & Yavapai Dr, SEDONA

Wednesday, July 19

Bashas': Baseline & Crismon, MESA

Thursday, July 20

Bashas': RH Johnson & Meeker Blvd, SUN CITY
WEST

Friday, July 21

Food City: Valencia and 12th Ave, TUCSON

Wednesday, July 26

Bashas': Signal Butte & Apache Trail,
APACHE JUNCTION

Friday, July 28

Bashas': Power Rd & McDowell, MESA

Saturday, July 29

Bashas': 7th St & Missouri, PHOENIX

Monday, July 31

Bashas': Sunrise & Kolb Rd, TUCSON

Thursday, August 3

Bashas': 99th Ave & Beardsley, PEORIA

Saturday, August 5

Bashas': 75th Ave & Thunderbird, PEORIA

Monday, August 7

Bashas': Brown & Mesa Dr, MESA

Tuesday, August 8

AJ's: 67th Ave & Beardsley, GLENDALE

Friday, August 11

Bashas': La Cholla & River Rd, TUCSON

 **Healthwaves**
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