

Ontario and Saskatchewan Patient Assessment Panels

Healthy Living Assessment

HEMATOLOGY:	Complete Blood Count (CBC) Ferritin	Iron/Total Iron Binding Capacity (TIBC)
METABOLIC:	Calcium (Serum) Phosphorus	Glucose Hemoglobin A1c (HbA1c)
THYROID:	Thyroid Stimulating Hormone (TSH)	
INFLAMMATORY/CARDIAC:	Fibrinogen	High-Sensitivity C-Reactive Protein (hs-CRP)
ELECTROLYTES:	Potassium Chloride	Sodium Bicarbonate (CO ₂)
LIVER:	Albumin Alkaline Phosphatase (ALP) Alanine Aminotransferase (ALT) Aspartate Amino Transferase (AST) Bilirubin (Total)	Bilirubin (Direct) Gamma Glutamyl Transpeptidase (GGT) Lactate Dehydrogenase (LDH) Protein (Total)
RENAL:	Creatinine Uric Acid	Blood Urea Nitrogen (BUN)
LIPIDS:	Cholesterol High-Density Lipoprotein (HDL)	Low-Density Lipoprotein (LDL) Triglycerides

Enhanced Healthy Living Assessment (Fasting)

Includes all tests in the Healthy Living Assessment, plus those listed below.

HEMATOLOGY:	Folate (Serum) Folate (RBC)	Vitamin B12
METABOLIC:	Fasting Insulin	Vitamin D
INFLAMMATORY/CARDIAC:	Erythrocyte Sedimentation Rate (ESR)	

Nutrient Assessment

Includes all tests in the Vitamin and Mineral Panels.

VITAMIN:	Vitamin A	Vitamin C
	Vitamin B1	Vitamin D
	Vitamin B12	Vitamin E
	Vitamin B6	
MINERAL:	Calcium (Ionized)	Magnesium
	Copper	Zinc

Metabolic Assessment (Fasting)

Gamma Glutamyl Transpeptidase (GGT)	Glucose	Sex Hormone Binding Globulin (SHBG)
hs-CRP	Insulin	Hemoglobin A1c (HbA1c)
Triglycerides		

Inflammation Assessment

Albumin	ESR	Fibrinogen
CBC	Ferritin	hs-CRP

Methylation Assessment

Homocysteine	Folic Acid (serum)	Vitamin B12
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Vitamin Assessment

Vitamin A	Vitamin B6	Vitamin D
Vitamin B1	Vitamin C	Vitamin E
Vitamin B12		

Mineral Assessment

Calcium, Ionized

Zinc

Copper

Magnesium

Hematology Assessment

CBC & Differential

Folate (RBC)

Iron/TIBC

Ferritin

Folate (Serum)

Vitamin B12

Lipids Assessment (Fasting Preferred)

Cholesterol

HDL

LDL

Triglycerides

Thyroid Assessment

Free Triiodothyronine (FT3)

Free Thyroxine (FT4)

TSH

Thyroperoxidase Antibody (TPO)

Reverse T3

Anti-Thyroglobulin

Autoimmune Assessment

Antinuclear Antibody (ANA)

Anti-TPO

Rheumatoid Factor

ANA Reflex (if Required)**

Anti-Thyroglobulin

Transglutaminase

Female Hormone Assessment

*Collect as close to 8:00 am as possible for the Cortisol AM

Cortisol AM

Follicular Stimulating Hormone (FSH)

Progesterone

Dehydroepiandrosterone Sulphate (DHEAS)

Luteinizing Hormone (LH)

Testosterone

Estradiol

Female Fertility Assessment

Anti-Müllerian Hormone (AMH)	FT4	Prolactin (PRL)
Estradiol (E2)	LH	Total Testosterone
FSH	Progesterone	TSH
Free Testosterone		

Men's Health Assessment

Bioavailable Testosterone	LDL	PSA Ratio
Cholesterol	Prolactin	Triglycerides
HDL		

Fatigue Assessment

CBC	Iron/TIBC	TSH
Ferritin	Mono Spot	Vitamin B12
Folate (Serum)	Transferrin	

Liver/Digestion Assessment

ALT	Bilirubin (Direct)	GGT
AST	Bilirubin (Total)	LDH
ALP		

* Panel savings are the total cost savings when compared to ordering tests individually.

** To be billed separately