



Direct to Consumer Laboratory Testing

Dear Participant:

Thank you for participating in the Direct to Consumer Laboratory Testing at San Luis Valley Health laboratories. Enclosed is a copy of your test results. **No medical doctor has reviewed your results. The results have only been sent to you, not to your doctor.** If you have questions about your results, it is your responsibility to contact your doctor/health care provider and share your results with him/her.

The laboratory results of Direct to Consumer Laboratory Testing (DTC) require additional expert interpretation and do not substitute for medical advice, diagnosis or treatment, which should be based on your physician's professional judgment, including his/her review of your test results, the findings of physical examination, and the review of your personal and family medical history.

Always seek the advice of your doctor if you have questions, and before you stop, start, or change any treatment plan, including the use of medication.

If you do not have a health care provider, call a SLV HEALTH Laboratory Manager in Alamosa at 719-587-1225 or in La Jara at 719 274-6021 to obtain a list of all local health care providers with their phone numbers.

Here are some tips to help you read your lab report:

Name of test: Located on the far left of the page are the names of each individual test performed.

Your results: Your results are provided in the first column to the right of the test name. Any results outside of the expected "normal" reference range will be denoted with an "H," "L," "HC," or "LC," immediately to the right of your result value. "H" means high value. "L" means low value. "HC" means "high critical" value. "LC" means "low critical" value. Any result values marked in this manner should be discussed with your health care provider, to better understand its significance as part of your overall health picture.

"Critical values": Any result value with a "HC" or "LC" immediately to the right of your result indicates that your value is either critically high ("HC") or critically low ("LC"). **Any value marked in this manner should be immediately reported by you to your doctor. The Laboratory will not be reporting your critical values to your doctor; it is your responsibility to do this. Critical values can be life-threatening and require urgent or emergent medical attention.** If you do not have a doctor, or cannot get in touch with your doctor to report your critical value to him/her, you can call and report to the nearest emergency room in your area, for assessment by an emergency room doctor or nurse.

Normal results: If there is no "H," "L," "HC," or "LC" to the right of your result, this indicates that your result value is in the expected "normal" reference range for your age and gender. **Normal results do not exclude the presence of serious illness, such as cancer or heart disease. Normal results do not ensure health.**

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Reference range: Defined as the optimal, expected, desired, “normal” range of result values for patients of your same age and gender. *Normal values do not ensure health.*

Units: The units in which the value is measured (i.e., mg/dl, etc.) are only of importance when comparing two separate laboratory reports (laboratory values obtained at two separate collection times or values obtained from two different laboratories). When comparing results of two separate lab reports, be sure the units of the result values are the same, to make a sensible comparison between two result values.

Symbols: “<” less than and “>” greater than. **If you have any questions regarding your test results, please contact your personal health care provider.**

Thank you for participating in SLV HEALTH’s Direct to Consumer Laboratory Testing. We appreciate your trust in our organization.

Sincerely,

Mary Rice, SLV HEALTH Laboratory Director, Regional Medical Center
Brent Lehto, SLV Health Laboratory Manager, Conejos County Hospital