



# Lab Test Discounts for Health Partners

## LAB TESTING VIA GRASSROOTS LABS

- [Visit Grassroots Labs website](#)
- No doctor's order required
- Discounts of 30%-70% available in most states
- 2,500+ locations nationwide
- Not available in AK, AZ, HI, NJ, NY, or RI

## BEST USE CASES

- Tests not eligible for sharing (e.g., pre-existing conditions or routine tests)
- Required labs for graduation from the Health Partnership Program include Lipid Panel and HbA1c

## SUBMITTING RESULTS

To meet the Health Partnership program requirements and have the monthly HP fee removed, submit your lab results within 90 days of initial lab draw, along with a Health Partnership Verification form. A Health Coach will review your results.

### Submission Options:

- **Directly from Grassroots Labs:** Complete their Release of Information Form to send results to Medi-Share.
- **Self-Submission:** Receive or download your results from [Grassroots Labs](#) and Email to: [health@medishare.com](mailto:health@medishare.com)

## LAB DRAW TIPS

- **Fasting:** 8-12 hours before triglyceride test
- **Hydration:** 8-10 glasses of water daily for 72 hours before testing
- **Medication:** List all meds and supplements
- **Calmness:** Stay relaxed to avoid skewed results
- **Blood Draw:** Prefer vein over finger stick for accuracy
- **Combo Discounts:** Available for lipid + HbA1c tests

**REMEMBER:** Your test results should show a range for normal readings. If your results do fall outside of the normal range it is important that you consult your doctor.