Medi-Share®



Lab Test Discounts

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 case is for tests not eligible for sharing e.g., pre-existing conditions or routine tests.

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.