

# Blood Draw Sites

Blood work has been ordered for you  
To have these tests completed you will need to arrange a blood draw appointment.  
See below for our preferred phlebotomy locations and services.

**\*\*Unless told otherwise, please fast for 12 hours prior to your Lab Draw Appointment.**

---

## **Practical Healing In-Office Lab Draw**

*By appointment only*

Schedule your in office lab draw with our front desk. We are able to draw for Vibrant America and Quest Diagnostics.

---

## **Lab Kit** *(a kit has been mailed/given to you for a lab draw)*

- Bring the **entire** lab kit/box to your lab draw appointment. A prepaid shipping label is included and necessary for the lab company to mail out your sample
- Be sure to freeze the cold packs, if they are included in your kit, 24 hours prior to your intended lab draw date.

We recommend scheduling your lab draw with our office or you can contact Any Lab Test Now (visit their website to find a location nearest you)

---

## **Quest** *(you have indicated you would like your lab order to be run through insurance)*

Visit Quest Lab Location Search online to find one close to you:  
<https://www.questdiagnostics.com/locations/search.html/44281/50/1>

---

## **Labcorp Order**

You can go to any Labcorp location (Walgreens with Labcorp offices are also acceptable) to be drawn. Please be sure to have your ID with you and they can pull your order up in their system.

If you would like to take a copy or need to access it the order a copy will have also been emailed to you by RUPA Health.

Although walk-ins are welcome, we recommend scheduling an appointment to avoid wait times.