

Foundational Health Assessment

Add-ons and assessments

Advanced Blood Panels

Name	Price	Description	What's Included
Advanced Thyroid Panel	From \$80	<p>A powerful add-on test group to your baseline blood panel that gives you a comprehensive view of how your thyroid gland and pituitary gland interact to regulate thyroid hormone production—key for maintaining healthy energy levels and metabolism.</p> <p>Stack this popular specialty add-on test on top of your baseline blood panel to sharpen the picture of your metabolism and energy. The Advanced Thyroid Panel measures T3, T4, and thyroid antibodies to show whether your gland is running too fast or too slow—and why. Combined with your existing biomarkers, your clinician can detect early thyroid issues, uncover hidden autoimmune activity, and tailor nutrition and lifestyle steps to restore balance. It's a clear, science-backed way to take control of your metabolism, focus, and long-term vitality.</p>	<ul style="list-style-type: none">• Measurement of T3, T4, and anti-TPO antibodies to assess thyroid hormone output and autoimmune activity• Detection of early thyroid imbalance before symptoms worsen• Clinician-reviewed insights tied to your existing blood biomarker profile, giving you a complete, integrated picture of your metabolic system• Hyper-personalized lifestyle and nutrition recommendations to support thyroid health, stress resilience, and hormone balance• Year-over-year tracking to see trends and proactively adjust your plan as your body changes
Male Hormone Panel	From \$80	<p>Your hormones drive your energy, strength, and focus. This add-on test measures key male hormones (testosterone, free testosterone, and SHBG) to help you stay at peak performance at every stage of life.</p> <p>Stack this popular specialty add-on test on top</p>	<ul style="list-style-type: none">• Measurement of total testosterone, free testosterone, and sex hormone-binding globulin (SHBG) to assess both available and bound hormone levels• Clinician-reviewed insights that connect your hormone balance with your energy,

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		<p>of your baseline blood panel to sharpen the picture of your performance and vitality. The Male Hormone Panel measures testosterone, free testosterone, and SHBG—key markers influencing energy, mood, libido, and muscle strength. Combined with your existing biomarker data, your clinician can pinpoint what’s driving fatigue or slow recovery and tailor a plan to restore peak performance. It’s a science-backed way to track hormonal balance and optimize for longevity, strength, and confidence.</p>	<p>libido, muscle strength, and overall performance — all integrated with your existing biomarker profile</p> <ul style="list-style-type: none"> • Personalized, actionable recommendations across lifestyle, nutrition, and sleep to help regulate hormones naturally and maintain long-term vitality • Year-over-year tracking to monitor hormonal changes and adjust your plan as your body evolves
<p>Female Hormone Panel</p>	<p>From \$105</p>	<p>For women aged 45-55 only: Your hormones are changing, we help you make sense of it. This add-on test maps your key reproductive hormones during perimenopause and menopause, giving you clarity, control, and a personalized plan that fits real life.</p> <p>Stack this specialty add-on test on top of your baseline blood panel to sharpen the picture of your hormonal health.</p> <p>This panel measures FSH, LH, Estradiol, Progesterone, and B-hCG—the key hormones that shift during menopause and affect everything from mood and sleep to energy and bone health. By combining these results with your biomarker data, your clinician can interpret where you are in the menopausal transition and help guide nutrition, exercise, and symptom management strategies that actually work.</p> <p>Why doesn’t NiaHealth offer this for women under 45 or over 55? Hormone patterns vary widely outside this age range, making personalized testing and treatment best handled by your primary care provider (family</p>	<ul style="list-style-type: none"> • Measurement of FSH, LH, Estradiol, Progesterone, and β-hCG for a complete hormonal snapshot • Clinician-reviewed insights tied to your existing biomarker profile, providing a full, integrated view of your reproductive and metabolic health • Identification of where you are in your menopausal journey—perimenopause, menopause, or post-menopause • Personalized recommendations thoughtfully written by a female clinician to help manage symptoms, protect bone health, and maintain energy and mood • Year-over-year tracking to monitor hormonal changes and adjust your plan as your body evolves

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		doctor or NP) or specialist (gynecologist or endocrinologist).	
Celiac Panel	\$175	<p>A deeper look at how your body reacts to gluten. This blood-based add-on helps identify whether your symptoms point to celiac disease, gluten sensitivity, or something else entirely.</p> <p>Stack this specialty add-on test on top of your baseline blood panel to sharpen the picture of your gut and immune health. The Celiac Panel measures anti-TTG IgA and total IgA, the two key antibodies that reveal whether your immune system is reacting to gluten. It helps you understand if your symptoms—like bloating, fatigue, or low nutrients—stem from celiac disease, gluten sensitivity, or another root cause. Your clinician reviews these results alongside your full biomarker profile to help you take action with confidence and clarity.</p>	<ul style="list-style-type: none"> • Measurement of anti-tissue transglutaminase (anti-TTG) IgA, the gold-standard test for celiac disease detection • Total IgA to ensure accuracy, ruling out false negatives caused by IgA deficiency • Clear guidance on whether your symptoms suggest celiac disease, gluten sensitivity, or another cause • Clinician-reviewed insights tied to your existing biomarker profile for a full, integrated picture of your digestive and immune health • Personalized recommendations on next steps for diet, re-testing, or specialist referral • Note: For accurate results, you must consume gluten regularly for at least six weeks before this test
Blood Type Panel	\$30	<p>This panel identifies your ABO and Rh blood type—essential for safe blood transfusions, emergencies, and understanding your health profile.</p> <p>Stack this specialty add-on test on top of your baseline blood panel to complete your health profile with one of the most important pieces of information you can know: your blood type.</p> <p>This test identifies your ABO group (A, B, AB, or O) and Rh factor (positive or negative), both vital for safe transfusions, pregnancy care, and medical emergencies.</p>	<ul style="list-style-type: none"> • ABO blood group (A, B, AB, or O) and Rh factor (positive or negative) • Clinician-reviewed insights tied to your existing biomarker profile, giving you a complete, integrated health record • Identification of compatibility considerations for transfusions and organ donation • Guidance on what your Rh factor means for pregnancy, transfusion safety, and long-term health

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		<p>Your clinician adds these results to your biomarker dashboard, so your blood type is always accessible when it matters most. Quick, simple, and powerful—it's one of those “everyone should know this” tests.</p>	<ul style="list-style-type: none"> • A permanent record of your blood type on your dashboard for easy reference
Omega Panel	\$200	<p>Your body runs on balance, especially when it comes to fats. This add-on test packs a punch, with 29 new biomarkers tested that measures your omega-3, omega-6, and other key fatty acids to reveal how your diet and lifestyle impact inflammation, brain health, and long-term disease risk.</p> <p>Stack this specialty add-on test on top of your baseline blood panel to get a clearer read on your cardiovascular and metabolic health.</p> <p>This panel measures omega-3, omega-6, and other essential fatty acids to show how well your body fights inflammation and supports brain, heart, and joint function.</p> <p>Your clinician reviews these results alongside your biomarkers to spot gaps and build a simple nutrition plan that boosts energy, recovery, and long-term vitality. A small test with big impact—proven to track one of the strongest predictors of healthspan.</p> <p><i>* Not available for BC in-clinic draws</i></p>	<ul style="list-style-type: none"> • Measurement of omega-3, omega-6, and other key fatty acids to determine your optimal anti-inflammatory balance • Clinician-reviewed insights tied to your existing biomarker profile, giving you a complete, integrated view of your metabolic and cardiovascular health • Clear recommendations on dietary sources (like fish, seeds, or supplements) to restore optimal balance • Personalized advice to improve cognitive clarity, cardiovascular strength, and recovery • Annual tracking to monitor improvements and ensure your nutrition habits are working
Advance Kidney Function Test	\$100	<p>A smarter kidney check that goes beyond standard creatinine. This add-on measures cystatin C (and related markers) to give a truer read of kidney function—especially if you weight-train, use creatine, or have atypical muscle mass.</p> <p>Stack this specialty add-on test on top of your baseline blood panel to get a truer read of how</p>	<ul style="list-style-type: none"> • Measurement of Cystatin C, a precise kidney-function marker that isn't affected by muscle size, workouts, or creatine supplements • Clinician-reviewed insights tied to your existing blood biomarker profile, giving you a complete, integrated picture of your kidney health

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	<p>well your kidneys are really filtering. This test measures Cystatin C, a kidney function marker that isn't thrown off by muscle size, heavy workouts, or creatine supplements. It's especially helpful if you take pre-workout or creatine, have very high or very low muscle mass, or your routine eGFR results came back "borderline." Combined with your baseline biomarkers, your clinician can see through the noise and give you clear, accurate insights about your kidney health—and how to protect it long-term.</p>	<ul style="list-style-type: none"> • Clarity when routine eGFR results look "borderline"—separating muscle or supplement effects from real kidney concerns • Personalized recommendations to protect kidney performance, hydration, and recovery habits • Year-over-year tracking to spot subtle changes early and stay confidently in the clear
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Additional Tests & Assessments

Name	Price	Description	What's Included
VO2 Max Test	From \$150	<p>Gold standard test for longevity assessment and cardiovascular fitness. Begin with your baseline blood test; then, stack this add-on to sharpen the picture. A VO2 Max test measures how efficiently your body uses oxygen during exercise—one of the best predictors of healthspan and longevity.</p> <p><i>* Available only in Calgary, Edmonton, Halifax, Ottawa, Regina, Toronto, Vancouver, and Victoria.</i></p>	<ul style="list-style-type: none"> • Expert interpretation, reviewing your VO₂ Max results through the lens of your blood biomarkers, family history, and health goals • Clinician-reviewed training plan tailored to your physiology and schedule • Personalized training zones so you know exactly how hard to train for real gains • Actionable recommendations for endurance, recovery, and longevity
DEXA Body Scan (Body Composition)	From \$120	<p>Gold standard for body composition accuracy to detect early bone loss before symptoms, especially for those over 40.</p> <p>Stack this popular specialty add-on test on top of your baseline blood test, to sharpen the</p>	<ul style="list-style-type: none"> • Full-body composition scan with precise fat, muscle, and bone distribution • Bone density measurement to assess osteoporosis risk (DEXA only; SECA excludes bone density)

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		<p>picture. A DEXA body scan gives you the most accurate picture of your muscle, fat, and bone composition available today. Combine with VO2 Max as a bundle for powerful body insights.</p> <p><i>* Available only in Calgary, Edmonton, Ottawa, Saskatoon, Toronto, Vancouver, Victoria, and Winnipeg</i></p>	<ul style="list-style-type: none"> • Visceral fat detection to quantify the risk-driving fat around your organs • Year-over-year tracking to monitor changes and adjust your plan as your body evolves with life stage
<p>Gut Microbiome Test</p>	<p>\$390</p>	<p>A convenient, mess-free at-home kit that links gut health to digestion, immunity, mood, and long-term health using the most advanced sequencing in a CLIA-certified lab.</p> <p>Stack this popular specialty add-on test on top of your baseline blood test, to sharpen the picture. This straight-forward and convenient at-home kit analyzes your gut microbiome—revealing how your digestive health affects your metabolism, immunity, and mood.</p>	<ul style="list-style-type: none"> • Easy, mess-free at-home collection kit delivered right to your door—available across Canada • Deep sequencing analysis of 300+ gut microbes to understand how your microbiome supports digestion, immune function, and long-term health • Clinician-reviewed insights tied to your existing blood biomarker profile, giving you a complete, integrated picture of your body's inner ecosystem • Personalized nutrition and supplement recommendations to improve enzyme activity, enhance nutrient absorption, and rebalance your gut bacteria for better digestion • Clear, evidence-guided insights into immune strength, chronic disease risk, and cancer prevention: understand your nutrient absorption, identify microbes linked to heart health, diabetes, depression, and protective metabolites that lower colorectal cancer risk • Tracking over time, to monitor gut microbiome changes and adjust your plan as your body or lifestyle evolves

Additional Tests & Assessments

Continuous Glucose Monitor 14-day program

\$299

An advanced 14-day snapshot of how your food, sleep, stress, and exercise actually impact your blood sugar real-time—all combined with your NiaHealth biomarker data for a full-body picture that works. Begin with your baseline blood test; then, stack this add-on to sharpen the picture. This 14-day Continuous Glucose Monitoring (CGM) program tracks your glucose in real time—no finger pricks needed—while our clinicians connect your data with your blood biomarkers for deeper insight.

You'll see exactly how your meals, movement, and sleep affect energy, cravings, and long-term health. It's a science-backed, human-guided way to personalize your nutrition and build habits that last.

- A 14-day Continuous Glucose Monitor (CGM) delivered to your door—simple to apply, discreet, and painless
- Real-time tracking of how food, stress, exercise, and sleep affect your glucose levels throughout the day, viewable anytime on NiaHealth web app
- For more powerful insights, log your food and drink on your NiaHealth web app real-time (via voice note, Photo AI, or direct input), and integrate your fitness wearable data - so our clinician can sync your blood sugar patterns with real-time activity & food, to spot patterns
- Clinician-reviewed insights tied to your existing blood biomarker profile, giving you a complete, integrated view of your metabolic health
- Personalized nutrition and lifestyle plan based on your unique glucose patterns and goals