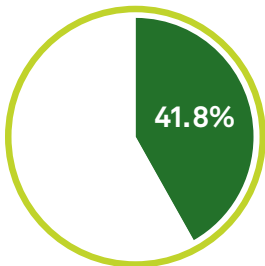


Metabolic Risk Panel

Uncover hidden risk and take action
with the **Metabolic Risk Panel**

Patient risk continues to climb for a **growing number of cardiometabolic diseases**.¹ Yet many patients are unaware of their own risk, including millions who have prediabetes.² Patients who don't understand their risk are unlikely to take the actions needed to prevent disease progression.

With insulin resistance being the foundation to metabolic syndrome and prediabetes, the opportunity to improve care is enormous.



41.8% of US adults have **metabolic syndrome**³



97.6 million adults have **prediabetes**; more than 8 in 10 don't know they have it²



38 million adults have progressed to **type 2 diabetes**²

Early identification offers the greatest possibility of success with lifestyle modification

The **Metabolic Risk Panel** from the Quest Cardiometabolic Center of Excellence at Cleveland HeartLab can help healthcare professionals uncover hidden risk sooner.

The Metabolic Risk Panel includes

- Apolipoprotein B (ApoB)
- Insulin Resistance Panel with Score
- HbA1c
- Lipid panel

Improve patient outcomes through early identification

When it comes to patient risk, traditional testing may not tell the whole story. The Metabolic Risk Panel provides a clear path for earlier risk identification, offering data for deeper insight into the metabolic state of your patients than any one test alone. For example:

- **Coupling HbA1c with the Insulin Resistance Panel** can help identify risk for future metabolic syndrome or diabetes at the earliest stages, potentially before permanent damage has occurred
- **Measuring ApoB with triglycerides** can help you assess changes in lipid metabolism that are associated with early stages of metabolic dysfunction
- LDL-C and non-HDL-C measurements can be used with ApoB to **identify lipid discordance**, a phenomenon associated with metabolic syndrome and insulin resistance; identifying those with discordantly high ApoB uncovers risk that might otherwise be overlooked when LDL-C levels appear optimal

Armed with this information, you can help your patients take action to **reverse the course of disease progression**, preventing costly and debilitating diabetic and cardiovascular disease events.

Metabolic Risk Panel results come with an easy-to-interpret enhanced report

Patient Information		Specimen Information		Client Information	
SAMPLE, MALE		Specimen: ME11919TM		Client #: 1894	
DOB: 08/08/1974 AGE: 45		Registration: 001282		LN: TONY LION	
Gender: M Fasting: Y		Lab Ref #: XXXXX		QUEST DIAGNOSTICS	
Phone: (N/A)		Collection: 01/24/2025 / 09:10 EST		107 AVE ORTHO/IN STE 203	
Patient ID: 156646		Received: 01/24/2025 / 20:37 EST		HER XXX XXXX	
		Reprint: 01/20/2025 / 12:50 EST		XXXX, TX 0096-2517	

Test Name	Current		Risk/Reference Interval		Units	Historical Result & Risk
	Result & Risk	Optimal	Non-Optimal	Optimal		
LIPID PANEL						
CHOLESTEROL, TOTAL	176	<200	N/A	>=200	mg/dL	
HDL CHOLESTEROL	57	>=40	N/A	<40	mg/dL	
TRIGLYCERIDES	122	<150	150-199	>=200	mg/dL	
LDL CHOLESTEROL	99	<100	100-129	>=129	mg/dL	
CHOL/HDL RATIO	3.1	<=3.5	3.6-5.0	>=5.0	calc	
NON-HDL CHOLESTEROL	124	<130	130-189	>=190	mg/dL	
APOLIPOPROTEINS						
APOLIPOPROTEIN B	121	<=90	90-119	>=120	mg/dL	
METABOLIC MARKERS						
HEMOGLOBIN A1C	5.5	<=5.6	5.7-6.4	>=6.5	% of HbA1c	
INSULIN, INTACT, LC/MS/MS	9.2	<=18	N/A	>=18	uIU/mL	
C-PEPTIDE, LC/MS/MS	2.04	<=2.16	N/A	>=2.16	ng/mL	
INSULIN RESISTANCE SCORE	41	<=33	33-66	>=66		

For details on reference ranges please refer to the reference range/comment section of the report.

Amplest Diet & Exercise Coaching Program: Need help achieving and maintaining an optimal weight? Managing stress? Trying to improve physical fitness levels? The Amplest program provides support and personalized lifestyle guidance to help improve heart health. Please talk to your provider - visit Amplest.com or call 1-800-432-7888 opt 2 to learn more.

Medical Information For Healthcare Providers: If you have questions about any of the tests in our Cardio IQ offering, please call Client Services at our Quest Diagnostics Cleveland HeartLab CardioMetabolic Center of Excellence. They can be reached at 866.358.8620, option 1 to arrange a consult with our clinical education team.

CLIENT SERVICES: 866.697.8178 SPECIMEN: ME11919TM PAGE 1 OF 4
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Test name	Patient preparation	Test code	CPT codes
Metabolic Risk Panel	Overnight fasting required	39447	80061, 83036, 82172, 83525, 84681

Panel components may be ordered separately: Cardio IQ® Apolipoprotein B (91726), Cardio IQ Hemoglobin A1c (91732), Cardio IQ Insulin Resistance Panel with Score (36509; includes Insulin, Intact LC/MS/MS [93103], C-peptide, and calculated IR score), Lipid Panel, Cardio IQ (91716; includes total cholesterol [334], triglycerides [896], HDL-C [608], calculated LDL-C, cholesterol/HDL ratio, non-HDL-C, and Cardio IQ interpretative report)



Contact your Quest Diagnostics sales representative to learn more about the Metabolic Risk Panel.

References

1. Singh, A, Bruemmer, D. Cardiometabolic Risk: Shifting the Paradigm Toward Comprehensive Assessment*. *JACC Adv.* 2024 Apr, 3 (4). <https://doi.org/10.1016/j.jacadv.2024.100867>
2. CDC. A Report Card: Diabetes in the United States Infographic. Last updated May 15, 2024. Accessed December 9, 2024. <https://www.cdc.gov/diabetes/communication-resources/diabetes-statistics.html>
3. Liang X, Or B, Tsoi MF, et al. Prevalence of metabolic syndrome in the United States National Health and Nutrition Examination Survey 2011-18. *Postgraduate Medical Journal.* 2023;99(1175): qgad008. doi:<https://doi.org/10.1093/postmj/qgad008>

Test codes may vary by location. Please contact your local laboratory for more information.

The CPT® codes provided are based on AMA guidelines and are for informational purposes only. CPT coding is the sole responsibility of the billing party. Please direct any questions regarding coding to the payer being billed.

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