

Patient Information	Specimen Information	Client Information
TEST, PATIENT A DOB: 01/05/1975 AGE: 45 Gender: Male Fasting: Fasting Phone: Patient ID:	Order ID: 2003601077 Requisition: 2003601077 Collected: 02/05/2020, 10:30 AM Received: 02/05/2020, 10:31 AM Reported: 06/03/2020, 3:08 PM	TEST PROVIDER - IT DEPT 12628 IT DEPT - CHL 6701 CARNEGIE AVE SUITE 500 CLEVELAND, OH 44103

Cardiometabolic Report

Test Name	Current		Reference Range/Relative Risk Categories				Historical	
	Result & Relative Risk		Optimal	Moderate	High	Units	Result & Relative Risk	
	Optimal	Non-Optimal					//	//
LIPIDS								
Lipid Panel								
Cholesterol, Total	178		<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, Calculated	99		<100	100-129	≥130	mg/dL (calc)		
Chol/HDL-C	3.1		≤3.5	3.6-5.0	>5.0	calc		
Non-HDL Cholesterol	124		<130	130-189	≥190	mg/dL (calc)		
Apolipoproteins								
Apolipoprotein B		121	<90	90-119	≥120	mg/dL		
METABOLIC								
HbA1c	5.5		<5.7	5.7-6.4	>6.4	%		
Estimated Average Glucose	111		<117	117-137	>137	mg/dL		
Insulin Resistance Panel w/Score								
Insulin Resistance Score ⁽¹⁾		41	<33	33-66	>66			
Insulin, Intact, LC/MS/MS ⁽²⁾	9.2		≤16	N/A	>16	uIU/mL		
C-peptide, LC/MS/MS ⁽³⁾	2.04		≤2.16	N/A	>2.16	ng/mL		

UND = UNDETECTABLE

INC = INCOMPUTABLE

4myheart Diet & Exercise Coaching Program: Need help achieving and maintaining an optimal weight? Managing stress? Trying to improve physical fitness levels? The 4myheart program provides support and personalized lifestyle guidance to help improve heart health. Please talk to your provider, visit 4myheart.com or call 1-800-432-7889 opt 2 to learn more.

Medical Information For Healthcare Providers: If you have any questions about any of the tests in our Cardiometabolic Report, please call Cleveland HeartLab Client Services at 866.358.9828, option 1 to arrange a consult with our clinical education team.

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Cardiometabolic Comment Report

LIPIDS

Cholesterol, Total	Lab: Z4M
HDL Cholesterol	Lab: Z4M
Triglycerides	Lab: Z4M
LDL Cholesterol, Calculated Desirable range <100 mg/dL for primary prevention; <70 mg/dL for patients with CHD or diabetic patients with ≥ 2 CHD risk factors. LDL-C is now calculated using the Martin-Hopkins calculation, which is a validated novel method providing better accuracy than the Friedewald equation in the estimation of LDL-C. Martin SS et al. JAMA. 2013;310(19): 2061-2068 (http://education.QuestDiagnostics.com/faq/FAQ164)	Lab: Z4M
Chol/HDL-C	Lab: Z4M
Non-HDL Cholesterol For patients with diabetes plus 1 major ASCVD risk factor, treating to a non-HDL-C goal of <100 mg/dL (LDL-C of <70 mg/dL) is considered a therapeutic option.	Lab: Z4M
Apolipoprotein B Risk: Optimal <90 mg/dL; Moderate 90-119 mg/dL; High ≥ 120 mg/dL; Cardiovascular event risk category cut points (optimal, moderate, high) are based on National Lipid Association recommendations- Jacobson TA et al. J of Clin Lipid. 2015; 9: 129-169 and Jellinger PS et al. Endocr Pract. 2017;23(Suppl 2):1-87.	Lab: Z4M

METABOLIC

HbA1c For the purpose of screening for the presence of diabetes: <5.7% is consistent with the absence of diabetes; 5.7-6.4% is consistent with increased risk for diabetes (prediabetes); $\geq 6.5\%$ is consistent with diabetes. This assay result is consistent with a decreased risk of diabetes. Currently, no consensus exists regarding use of hemoglobin A1c for diagnosis of diabetes in children. According to American Diabetes Association (ADA) guidelines, hemoglobin A1c <7.0% represents optimal control in non-pregnant diabetic patients. Different metrics may apply to specific patient populations. Standards of Medical Care in Diabetes (ADA).	Lab: Z4M
Estimated Average Glucose The estimated average glucose value is an adjunct to the treatment of both Type I and Type II Diabetes. It is not intended for the diagnosis or risk assessment of patients without diabetes. (Reference: Nathan DM et al. Diabetes Care 2008;31:1473-1478).	Lab: Z4M
Insulin Resistance Score ⁽¹⁾ Reference range <67. Insulin Sensitive <33; Impaired Insulin Sensitivity 33-66; Insulin Resistant ≥ 66 . A score below 33 is optimal. The insulin resistance score correlates with steady state glucose levels achieved during an insulin suppression test, a standard research test for insulin resistance. The score is based on insulin and C-peptide results (Abbasi, F., Shiffman, D., Tong, C.H., Devlin, J. J., Reaven, G. M., McPhaul, M. J. (2017) Identification of Insulin Resistance in Apparently Healthy Individuals. Manuscript in preparation).	Lab: Z4M
Insulin, Intact, LC/MS/MS ⁽²⁾ Insulin concentration can be converted to pmol/L by applying the conversion factor: 1 uIU/mL = 5.97 pmol/L For additional information, please refer to http://education.QuestDiagnostics.com/faq/FAQ170 (This link is being provided for information/ educational purposes only.)	Lab: Z4M

Footnotes

(1) This test was developed and its analytical performance characteristics have been determined by Quest Diagnostics Nichols Institute San Juan Capistrano. It has not been cleared or approved by FDA. This assay has been validated pursuant to the CLIA regulations and is used for clinical purposes. Test performed by: Quest Diagnostics Nichols Institute, 33608 Ortega Highway, San Juan Capistrano CA 92675-2042, Laboratory Medical Director: J M Nakamoto MD, PhD, CLIA ID: 05D0643352.

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PERFORMING SITE:

Z4M CLEVELAND HEARTLAB INC, 6701 CARNEGIE AVENUE SUITE 500, CLEVELAND, OH 44103-4623 Medical Director: Bill G. Richendollar, MD, CLIA: 36D1032987