



Patient Information	Specimen Information	Client Information
<b>SAMPLE, MALE</b>  <b>DOB: 08/08/1974</b> <b>AGE: 45</b> Gender: M    Fasting: Y Phone: NG Patient ID: 1904406	Specimen: ME159387M Requisition: 0014282 Lab Ref #: XXXXX  Collected: 01/24/2020 / 08:02 EST Received: 01/24/2020 / 20:37 EST Reported: 01/26/2020 / 12:50 EST	Client #: 18894    0000P M. YYYY LON QUEST DIAGNOSTICS Attn: UNIVERSIDAD 107 AVE ORTEGON STE 203 EDIF XXX XXXX XXXX, PR 00966-2517

**Cardio IQ®**

Test Name	Current		Risk/Reference Interval			Units	Historical Result & Risk
	Result & Risk		Optimal	Moderate	High		
	Optimal	Non-Optimal					
<b>LIPID PANEL</b>							
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	99		<100	100-129	>129	mg/dL	
CHOL/HDLC RATIO	3.1		<=3.5	3.6-5.0	>5.0	calc	
NON-HDL CHOLESTEROL	124		<130	130-189	>=190	mg/dL (calc)	
<b>APOLIPOPROTEINS</b>							
APOLIPOPROTEIN B		121	<90	90-119	>=120	mg/dL	
<b>METABOLIC MARKERS</b>							
HEMOGLOBIN A1c	5.5		<=5.6	5.7-6.4	>=6.5	% of total Hgb	
INSULIN, INTACT, LC/MS/MS	9.2		<=16	N/A	>16	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.

**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 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 866.358.9828, option 1 to arrange a consult with our clinical education team.

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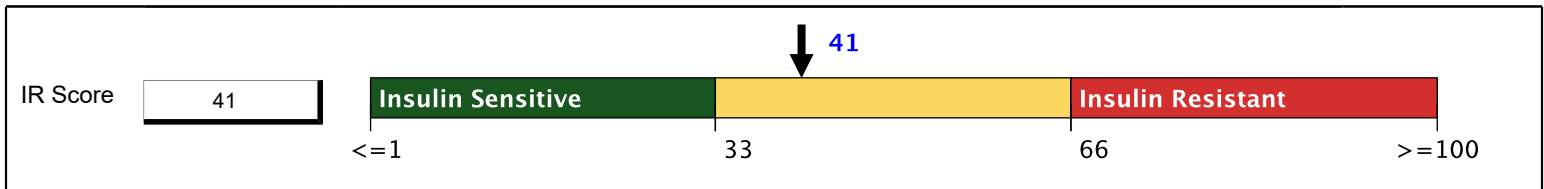
**Cardio IQ® Insulin Resistance Panel with Score**

**Panel Results**

Lab: EZ

Test name	Patient Results	Reference Range
INSULIN, INTACT, LC/MS/MS	9.2	< OR = 16 uIU/mL
C-PEPTIDE, LC/MS/MS	2.04	0.68-2.16 ng/mL
INSULIN RESISTANCE SCORE	41	< OR = 66

**INSULIN RESISTANCE SCORE**



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).

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 CH, et al. Insulin resistance probability scores for apparently healthy individuals. J Endocr Soc. In press).

For additional information, please refer to <http://education.QuestDiagnostics.com/faq/FAQ205> (This link is being provided for informational/educational purposes only.)

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.



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Reference Range/Comments

Analyte Name	In Range	Out Range	Reference Range	Lab
APOLIPOPROTEIN B		121		EZ
Risk: Optimal < 80 mg/dL; Moderate 80-119 mg/dL; High > or = 120 mg/dL Cardiovascular event risk category cut points (optimal, moderate, high) are based on National Lipid Association recommendations - Davidson et al. J Clin Lipidol. 2011;5:338				
CHOL/HDLRATIO	3.1		<5.0 calc	EZ
CHOLESTEROL, TOTAL	178		<200 mg/dL	EZ
C-PEPTIDE, LC/MS/MS	2.04		0.68-2.16 ng/mL	EZ
HDL CHOLESTEROL	57		>40 mg/dL	EZ
HEMOGLOBIN A1c	5.5		% of total Hgb	EZ
<p>&lt;5.7 % of total Hgb</p> <p>For the purpose of screening for the presence of diabetes:</p> <p>&lt;5.7%            Consistent with the absence of diabetes</p> <p>5.7-6.4 %       Consistent with increased risk for diabetes (prediabetes)</p> <p>&gt; or = 6.5 %    Consistent with diabetes</p> <p>This assay result is consistent with a decreased risk of diabetes.</p> <p>Currently, no consensus exists regarding use of hemoglobin A1c for diagnosis of diabetes in children.</p> <p>According to American Diabetes Association (ADA) guidelines, hemoglobin A1c &lt;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).</p>				
INSULIN RESISTANCE SCORE	41		< OR = 66	EZ
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 CH, et al. Insulin resistance probability scores for apparently healthy individuals. J Endocr Soc. In press). For additional information, please refer to <a href="http://education.QuestDiagnostics.com/faq/FAQ205">http://education.QuestDiagnostics.com/faq/FAQ205</a> (This link is being provided for informational/educational purposes only.) 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.				
INSULIN, INTACT, LC/MS/MS	9.2		< OR = 16 uIU/mL	EZ
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 <a href="http://education.QuestDiagnostics.com/faq/FAQ170">http://education.QuestDiagnostics.com/faq/FAQ170</a> (This link is being provided for informational/educational purposes only.) 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.				
LDL-CHOLESTEROL	99		<100 mg/dL	EZ
Desirable range <100 mg/dL for primary prevention; <70 mg/dL for patients with CHD or diabetic patients with > or = 2 CHD risk factors. LDL-C is now calculated using the YYYYn-Hopkins calculation, which is a validated novel method providing better accuracy than the Friedewald equation in the estimation of LDL-C. YYYYn SS et al. JAMA. 2013;310(19): 2061-2068 For additional information, please refer to <a href="http://education.QuestDiagnostics.com/faq/FAQ164">http://education.QuestDiagnostics.com/faq/FAQ164</a> (This link is being provided for informational/educational purposes only.)				



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**Reference Range/Comments**

Analyte Name	In Range	Out Range	Reference Range	Lab
NON HDL CHOLESTEROL	<b>124</b>		<130 mg/dL (calc)	EZ
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.				
TRIGLYCERIDES	<b>122</b>		<150 mg/dL	EZ

**PERFORMING SITE:**

EZ    QUEST DIAGNOSTICS/NICHOLS SJC, 33608 ORTEGA HWY, SAN JUAN CAPISTRANO, CA 92675-2042 Laboratory Director: IRINA MARAMICA,MD,PHD,MBA, CLIA: 05D0643352