



Patient Information	Specimen Information	Client Information
<b>DOB:</b> <b>AGE:</b> Gender: Patient ID: Health ID:	Specimen: Collected: Received: Reported:	

**Cardio IQ®**

Test Name	Current		Risk/Reference Interval			Units	Historical
	Result & Risk		Optimal	Moderate	High		
	Optimal	Non-Optimal					
<b>METABOLIC MARKERS</b>							
INSULIN, INTACT, LC/MS/MS	<b>5</b>		<=16	N/A	>16	uIU/mL	
C-PEPTIDE, LC/MS/MS	<b>0.94</b>		<=2.16	N/A	>2.16	ng/mL	
INSULIN RESISTANCE SCORE	<b>8</b>		<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](http://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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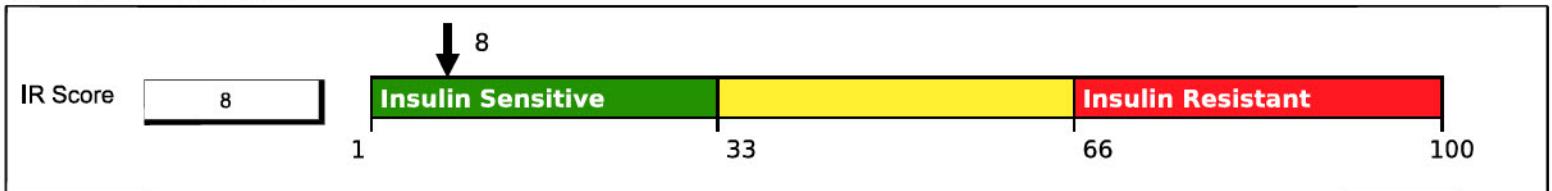
**Cardio IQ® Insulin Resistance Panel with Score**

**Panel Results**

Lab: **EZ**

Test name	Patient Results	Reference Range
INSULIN, INTACT, LC/MS/MS	5	< OR = 16 uIU/mL
C-PEPTIDE, LC/MS/MS	0.94	0.68-2.16 ng/mL
INSULIN RESISTANCE SCORE	8	< 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. 2018;2(9):1050-1057).

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
C-PEPTIDE, LC/MS/MS	<b>0.94</b>		0.68-2.16 ng/mL	EZ
INSULIN RESISTANCE SCORE	<b>8</b>		< 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. 2018;2(9):1050-1057). 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	<b>5</b>		< 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.				

**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

CLIENT SERVICES:

SPECIMEN: