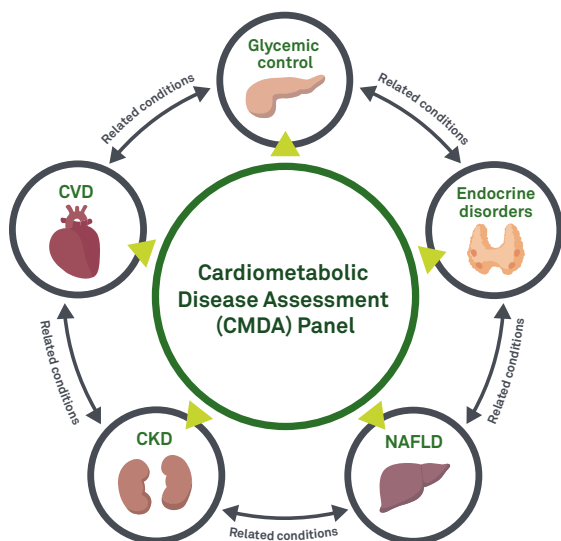


# Enhanced report overview: Cardiometabolic Disease Assessment (CMDA) Panel



With just 1 panel and enhanced report, Quest Diagnostics makes it easier to identify and monitor cardiometabolic disease. The CMDA Panel from Quest provides a comprehensive approach to identifying and quantifying the presence of cardiometabolic disease across multiple interrelated organ systems, for deeper insights into cardiometabolic disease presence and progression. This includes metabolic disease, cardiovascular disease, common endocrine disorders, chronic kidney disease, and non-alcoholic fatty liver disease, also known as metabolic dysfunction-associated steatotic liver disease (MASLD).

## Key features of the CMDA Panel enhanced report

### Identify cardiometabolic disease presence



**Cardiometabolic and organ system test groupings** with lipid, glycemic, endocrine, kidney, and liver tests to assess cardiometabolic disease presence and downstream effects across organ systems



**Lab results to put into practice.** Results from CMDA Panel test components, such as lipids, HbA1c, eGFR, and uACR can be utilized in publicly available calculators, like PREVENT™ for further risk assessment that aligns with medical societies, like the American Heart Association®<sup>1-2</sup>



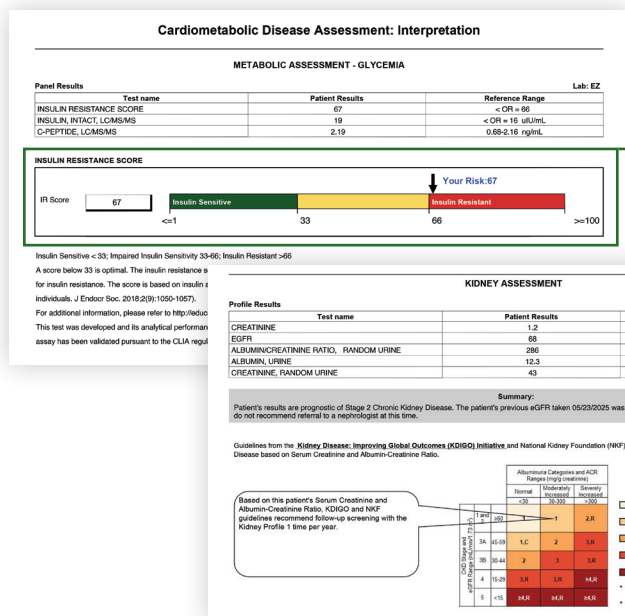
**Color-coded results of key cardiometabolic tests** highlighting relative risk (green, yellow, or red) or results within or outside of the optimal reference ranges (green or red)



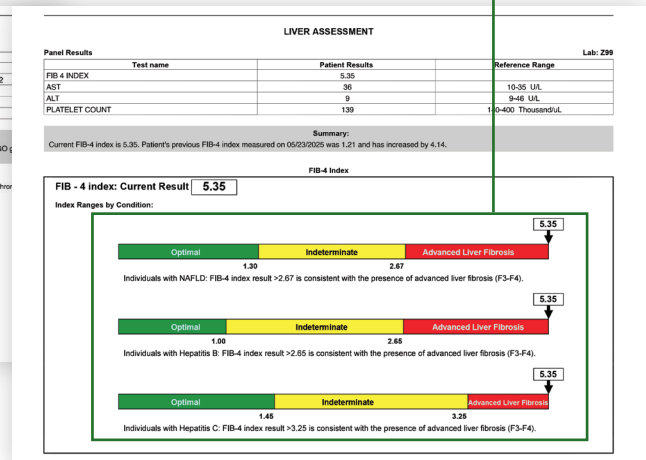
**Historical results** from prior visit to assess impact from recent lifestyle or treatment modifications

CARDIOMETABOLIC DISEASE ASSESSMENT PANEL									
Test Name	Current Result		Reference Range OR Relative Risk			Units	Lab	Historical	
	Results & Relative Risk	In Range	Out of Range	Optimal	Moderate			High	Results & Relative Risk
METABOLIC ASSESSMENT - LIPIDS									
CHOLESTEROL, TOTAL	198		<200	N/A	>=200	mg/dL	Z99	175	
HDL CHOLESTEROL	43		>=40	N/A	<40	mg/dL	Z99	38	
TRIGLYCERIDES	148		<150	150-199	>=200	mg/dL	Z99	200	
LDL CHOLESTEROL	129		<100	100-129	>129	mg/dL (calc)	Z99	105	
CHOL/HDL RATIO	4.6		<=3.5	3.6-5.0	>5.0	(calc)	Z99	4.6	
NON HDL CHOLESTEROL	155		<130	130-189	>190	mg/dL (calc)	Z99	137	
APOLIPOPROTEIN B	119		<90	90-129	>=130	mg/dL	Z99	129	
METABOLIC ASSESSMENT - GLYCEMIA									
HEMOGLOBIN A1c	5.5		<=5.6	5.7-6.4	>=6.5	%	Z99	6.4	
GLUCOSE	64		65-99	100-125	>=126	mg/dL	Z99	126	
INSULIN RESISTANCE SCORE	67		<33	33-66	>66		EZ	28	
INSULIN, INTACT, LC/MS/MS	19		<=16	N/A	>16	uIU/mL	EZ	14	
C-PEPTIDE, LC/MS/MS	2.19		<=2.16	N/A	>2.16	ng/mL	EZ	2.12	
METABOLIC ASSESSMENT - ENDOCRINE									
TSH	2.34		0.40-4.50		<0.40 OR >4.50	mIU/L	Z99	4.51	
KIDNEY ASSESSMENT									
CREATININE	1.2		0.70 - 1.35		<=0.69 OR >=1.36	mg/dL	Z99	1.36	
eGFR	68		>=60		<60	mL/min/1.73m2	Z99	59	
ALBUMIN, URINE	12.3					mg/dL	Z99	2.3	
CREATININE, RANDOM URINE	43		20-320		<=19 OR >=321	mg/dL	Z99	19	
ALBUMIN/CREATININE RATIO, RANDOM URINE	288		<30		>=30	mg/g creat	Z99	121	
LIVER ASSESSMENT									
FIB 4 INDEX	5.35		<1.30	1.30 - 2.67	>2.67		Z99	1.21	
AST	36		10-35		<10 OR >=35	U/L	Z99	33	
ALT	9		9-46		<9 OR >=46	U/L	Z99	34	

## Assess cardiometabolic disease progression



**Visual representation of significant results** to assess impacts of insulin resistance as well as kidney and liver disease



## Follow up with patient progress

**PATIENT PROGRESS SUMMARY**

Test Name	05/29/2025 (Current)	05/23/2025	05/12/2025	05/14/2025	05/06/2025	04/25/2025
<b>METABOLIC ASSESSMENT - LIPIDS</b>						
CHOLESTEROL, TOTAL	198	175	190	201	200	199
HDL CHOLESTEROL	43	38	56	41	39	40
TRIGLYCERIDES	145	200	156	199	150	149
LDL CHOLESTEROL	129	105	107	126	133	133
CHOL/HDL RATIO	4.6	4.6	3.4	4.9	5.1	5.0
NON HDL CHOLESTEROL	155	137	134	160	161	159
APOLIPOPROTEIN B	119	129	96	130	90	89
<b>METABOLIC ASSESSMENT - GLYCEMIA</b>						
HEMOGLOBIN A1c	5.5	6.4	6.1	6.5	5.7	5.6
GLUCOSE	64	126	100	99	100	65
INSULIN RESISTANCE SCORE	67	28	30	45	33	32
INSULIN, INTACT, LCOMS/MS	19	14	15	15	17	16
C-PEPTIDE, LCOMS/MS	2.19	2.12	2.15	2.15	2.17	2.16
<b>METABOLIC ASSESSMENT - ENDOCRINE</b>						
TSH	2.34	4.51	3.33	4.50	0.39	0.40
<b>KIDNEY ASSESSMENT</b>						
CREATININE	1.2	1.36	1.1	0.89	1.35	0.70
EGFR	68	59	76	105	59	104
ALBUMIN, URINE	12.3	2.3	6.7	88.5	12.3	1.3
CREATININE, RANDOM URINE	43	19	56	321	320	20
ALBUMIN/CREATININE RATIO, RANDOM URINE	286	121	120	279	38	65
<b>LIVER ASSESSMENT</b>						
FIB 4 INDEX	5.35	1.21	5.04	0.81	2.30	1.48
AST	36	33	36	36	35	10
ALT	9	34	10	47	46	9
PLATELET COUNT	139	289	140	400	139	140
<b>COMPREHENSIVE METABOLIC PANEL</b>						
GLUCOSE	64	126	100	99	100	65
UREA NITROGEN (BUN)	21	6 L	15	26 H	25	7

**Monitor progress from previous visits** to track patient's health journey and identify if cardiometabolic disease is progressing and further testing or treatment is needed

## Frequency and follow-up

The CMDA Panel with enhanced report is designed as an annual assessment for cardiometabolic disease. The results further inform appropriate follow-up testing at subsequent visits to monitor the effects of lifestyle modification and medical treatment on mitigation of disease.



Listen to our *Healthier World* podcast: **Instant Insights: Streamlining Cardiometabolic Disease Assessment**



**Get ahead of cardiometabolic disease with Quest.** Please talk with your Quest account representative for more information about our CMDA Panel or visit [QuestCMDAPanel.com](https://QuestCMDAPanel.com)

### References

1. Ndumele CE, Neeland IJ, Tuttle KR, et al. A synopsis of the evidence for the science and clinical management of cardiovascular-kidney-metabolic (CKM) syndrome: a scientific statement from the American Heart Association. *Circulation*. 2023;148(20):1636-1664. doi: 10.1161/CIR.0000000000001186 2. Khan SS, Matsushita K, Sang Y, et al. Development and validation of the American Heart Association's prevent equations. *Circulation*. 2024;149(6):430-449. doi: 10.1161/CIRCULATIONAHA.123.067626

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