

Cardiometabolic disease is complex.

Your assessment doesn't have to be.



With just 1 panel and enhanced report, Quest Diagnostics makes it easier to identify and monitor cardiometabolic disease.

Nearly half of Americans have a chronic disease; more than half of older adults have 3 or more chronic conditions.¹ Medical societies such as the American Heart Association®, American Association of Clinical Endocrinology®, and the National Kidney Foundation® recognize the interrelated impacts of cardiometabolic conditions as well as the importance of prevention, early identification, and management of these conditions.

The Cardiometabolic Disease Assessment (CMDA) Panel with enhanced report provides a comprehensive and streamlined overview of cardiometabolic disease. Seven guideline-recommended and specialty tests combined in a single panel with one test code and a consolidated enhanced report deliver detailed results, empowering treatment strategies to help prevent, reverse, or slow the progression of multiple cardiometabolic diseases.

Insights across the continuum, from early identification to disease management



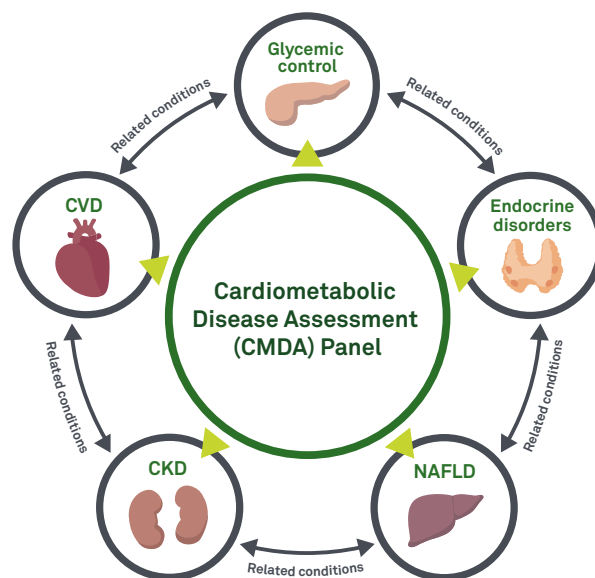
Identify and monitor the intersection of cardiometabolic disease presence and downstream effects across organ systems



Integrate the latest guideline and clinical recommendations in practice



Streamline cardiometabolic disease assessment, interpretation, and follow-up



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



Identify and quantify cardiometabolic disease presence and progression with 1 panel code

Test code	Test name
14273	Cardiometabolic Disease Assessment Panel

Chronic condition	Test included in CMDA Panel ^a	CPT [®] codes
 Glycemic control	Hemoglobin A1c (HbA1c) ^b	83036
	Insulin Resistance Panel with Score ^{a,b}	83525, 84681
 Cardiovascular disease	Lipid Panel ^{a,b}	80061
	Apolipoprotein B (ApoB) ^b	82172
 Endocrine disorders	Thyroid Stimulating Hormone (TSH)	84443
 Chronic kidney disease	Kidney Profile ^a	82043, 82565, 82570
 NAFLD	Comprehensive Metabolic Panel (CMP) with FIB-4 Index ^a	80053, 85049

^a Panel and profile components may be ordered separately: **Cardiometabolic Disease Assessment Panel:** HbA1c (test code 496); Insulin Resistance Panel with Score (test code 36509); Lipid Panel (test code 7600); ApoB (5224); TSH (test code 899); Kidney Profile (test code 39165); CMP with FIB-4 Index (test code 10372).

Insulin Resistance Panel with Score: Insulin, Intact, LC/MS/MS (test code 93103); C-Peptide (test code 372).

Lipid Panel: Cholesterol Total (test code 334); Triglycerides (test code 896); HDL Cholesterol (test code 608).

CMP with FIB-4 Index: FIB-4 Index Panel (test code 30555); Comprehensive Metabolic Panel (test code 10231); Glucose (test code 483); Calcium (test code 303); Sodium (test code 836); Potassium (test code 733); Carbon Dioxide (CO2) (test code 310); Blood Urea Nitrogen (BUN) (test code 294); Creatinine with eGFR (test code 375); BUN/Creatinine Ratio (test code 296); Protein, Total, Serum (test code 754); Albumin (test code 223); Globulin; Albumin/Globulin Ratio; Alkaline Phosphatase (ALP) (test code 234); Aspartate Aminotransferase (AST) (test code 822); Alanine Aminotransferase (ALT) (test code 823); Bilirubin, Total (test code 287); Platelet Count (test code 723).

Liver Fibrosis, Fibrosis-4 (FIB-4) Index Panel: Aspartate Aminotransferase (AST) (test code 822); Alanine Aminotransferase (ALT) (test code 823); Platelet Count (test code: 723); FIB-4 Index.

Kidney Profile: Albumin, Random Urine with Creatinine (test code 6517); Creatinine (includes eGFR) (test code 375).

^b HbA1c, Insulin Resistance Panel with Score, Lipid Panel, and ApoB may be ordered together as the Metabolic Risk Panel (test code 39447).

Who should be tested?

Cardiometabolic assessment may be considered for patients annually. Testing is suitable for individuals who are affected by

- Obesity (BMI > 25)
- Hypertension
- History of gestational diabetes, preeclampsia, or PCOS
- Erectile dysfunction
- History of CVD
- Metabolic and endocrine disorders that contribute to cardiometabolic risk, including
 - HbA1c ≥ 5.5%
 - Hyper-/hypothyroidism
 - Primary aldosteronism

Additional factors for consideration include age (> 45 male, > 50 female), family history, and sedentary lifestyle. End organ disease assessment can be followed by disease-specific marker investigation.



Bridge the gap between chronic cardiometabolic conditions with Quest's streamlined, comprehensive solution. Talk to your account representative or visit QuestCMDAPanel.com for more information about the CMDA Panel.

Reference

1. Raghupathi W, Raghupathi V. An empirical study of chronic diseases in the United States: a visual analytics approach. *Int J Environ Res Public Health*. 2018;15(3):431. doi:10.3390/ijerph15030431

The CPT[®] codes provided are based on American Medical Association 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.

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

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