



Metabolic conditions and complications from COVID-19 infections

Identifying metabolic risk is key in optimizing patient outcomes

A recent study published in the journal *Diabetes Care* links metabolic syndrome and severe outcomes from COVID-19, noting significant increases in intensive-care admissions, ventilation, acute respiratory distress syndrome (ARDS), and death among patients **with metabolic syndrome vs those without metabolic syndrome**.

Required intensive care¹

56% vs 24%

Required ventilation¹

48% vs 18%

Developed ARDS¹

37% vs 11%

Died due to COVID-19¹

26% vs 10%

Deferred medical care is a continuing, alarming trend

Delaying care may be contributing to increased deaths for many conditions, including diabetes.² Quest Diagnostics provides advanced testing to help you assess and care for patients with underlying metabolic risk.

43% 

of diabetes patients deferred care during the pandemic³—leading to greater health risks

Helping you identify those most at risk

Quest Diagnostics provides advanced testing to help you assess and care for patients with underlying metabolic risk.

Underlying risk factors and conditions include⁴:

- Obesity (BMI \geq 30)
- High blood pressure
- Low levels of high-density lipoprotein cholesterol (HDL-C)
- High levels of triglycerides
- Diabetes or prediabetes

There are a variety of testing approaches based on the needs of individual patients. The chart below lists some of the tests Quest offers to help you power better patient outcomes.

TEST NAME	TEST CODE	CPT CODE(S)
Cardio IQ[®] Hemoglobin A1c	91732	83036
Diabetes, Newly Diagnosed and Monitoring Panel^a Includes Glucose (483), HbA1c (496), Albumin-Creatinine Ratio, Urine (92739), Creatine, Serum (37091); Lipid Panel (7600) which includes Cholesterol, Total (334), Triglycerides (896), HDL Cholesterol (608), LDL-Cholesterol (calculated), Cholesterol/HDL Ratio (calculated), Non-HDL Cholesterol (calculated); Hepatic Function Panel (10256) which includes Protein, Total, Serum (754), Albumin (223), Globulin (calculated), Albumin/Globulin Ratio (calculated), Bilirubin, Total (287), Bilirubin, Direct (285), Indirect Bilirubin (calculated), Alkaline Phosphatase (234), Aspartate Aminotransferase (AST) (822), Alanine Aminotransferase (ALT) (823)	91712	82947, 83036, 80061, 80076, 82570, 82043, 82565

Testing for insulin resistance (IR) can help patients take action

IR affects more than 60 million Americans.⁵ Testing can provide insights that can help patients prevent or delay the course of their prediabetes/diabetes.⁶

- Patients can have normal glucose and HbA1c, but their beta cells may be struggling with glucose load, leading to IR, and subsequently prediabetes and diabetes

- IR can be gradual and difficult to recognize⁶—but patients can be identified while there's still time to change course
- IR is associated with cardiovascular disease (CVD), nonalcoholic fatty liver disease (NAFLD), and polycystic ovary syndrome (PCOS)⁶

TEST NAME	TEST CODE	CPT CODE(S)
Cardio IQ[®] Insulin Resistance Panel with Score^a Includes Insulin, Intact, LC/MS/MS (93103), C-Peptide (372), Insulin Resistance Score	36509	83525, 84681

^a Panel components may be ordered separately.



Talk to your Quest sales representative
for the metabolic testing to help you provide the best patient care.

References

1. Xie J, Zu Y, Alkhatib A, et al. Metabolic syndrome and COVID-19 mortality among adult black patients in New Orleans. *Diabetes Care*. 2020;44(1):188-193. doi:10.2337/dc20-1714
2. Stobbe M. US deaths from heart disease and diabetes climbed amid COVID. *Associated Press*. June 9, 2021. Accessed June 10, 2021. <https://apnews.com/article/coronavirus-pandemic-diabetes-science-heart-disease-health-213fe132f33c9428ea39274ffb96aa01>
3. American Diabetes Association. Thrivable. Effects of the COVID-19 pandemic on people with diabetes. December 2020 survey summary report. Accessed June 4, 2021. <https://www.diabetes.org/sites/default/files/2020-12/ADA%20Thrivable%20Data%20Deck.pdf>
4. NIH National Heart, Lung, and Blood Institute. Metabolic syndrome. Accessed October 1, 2020. <https://www.nhlbi.nih.gov/health-topics/metabolic-syndrome>
5. American Heart Association (AHA). What is diabetes? Reviewed August 30, 2015. Accessed October 1, 2020. <https://www.heart.org/en/health-topics/diabetes/about-diabetes>
6. Reaven GM. The insulin resistance syndrome. *Curr Atheroscler Rep*. 2003;5(5):364-371. doi:10.1007/s11883-003-0007-0

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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