

## Lab Card®

Your family's cure to high laboratory costs

### Save money, use your Lab Card!

Our Lab Card program is a value added benefit enhancement to your current Health Plan. When you choose to use your Lab Card to obtain outpatient lab work covered by your medical plan, there is no cost to you – the testing will be covered at 100% by your medical plan. There are NO co-pays, NO deductibles, and NO coinsurance. This is an optional benefit designed to save you money on your outpatient laboratory needs.

### You save money!

For the most current listing of collection sites available, visit [LabCard.com](http://LabCard.com). The website also provides you with other information and capabilities:

- Print a temporary Lab Card or order a replacement
- Instructions on how to use the Lab Card
- Printable Q&A for physicians

To receive the benefits of the Lab Card program, you must present your Lab Card and request the Lab Card program at the time of service. Your physician's office or collection site will need a copy of your Lab Card or Healthcare ID card with the Lab Card logo on it each time you go for services. Lab Card covers routine outpatient testing. Lab Card does NOT cover:

- Testing ordered during hospitalization
- Lab work needed on an emergency or (STAT) basis
- Testing done at another laboratory
- Time sensitive esoteric testing such as fertility testing, bone marrow studies and spinal fluid tests

Remember – The Lab Card program is completely voluntary and provides you with 100% coverage for your covered outpatient laboratory testing services. If you and/or your physician elect to use another lab – including the lab in your physician's office, your normal benefits will apply.

**For more information about Lab Card visit [LabCard.com](http://LabCard.com) or call 1.800.646.7788 today.**

### Using Your Lab Card is Easy

1. When your physician orders lab work for you, show your Lab Card or Healthcare ID card with the Lab Card logo on it and verbally request to use the Lab Card program. Your physician will collect your specimen and send to Quest Diagnostics under the Lab Card benefit.
2. Any physician can collect specimens and call Quest Diagnostics Lab Card Client Services at 1.800.646.7788 for courier pick-up and supplies.
3. If your physician does not participate with the Lab Card Program, take your test orders to an approved Lab Card collection site for the draw. These locations can be found by calling Lab Card Client Services or by visiting [LabCard.com](http://LabCard.com).
4. Your specimens will be processed through the Lab Card program at an approved Quest Diagnostics facility and results sent back to your physician (usually within 24- 48 hours).

# Know Your Numbers

With Our Lab Card® Program – And Save.



To help you take a more active role in your healthcare, we are providing a list of commonly ordered laboratory tests and definitions. It is important to know the optimal values associated with these tests and have a regular healthcare conversation with your physician. Quest Diagnostics Lab Card provides an economical means to help you monitor your health and to help you “know your numbers”. Below, you will find these tests, an explanation of each, normal value ranges, and an area where you can input your own values:

## Total Cholesterol

Cholesterol is an essential body fat needed to produce substances such as hormones and bile. High levels of cholesterol are usually associated with a higher risk of heart disease and narrowed blood vessels. Lipids included in total cholesterol are HDL cholesterol, LDL cholesterol, and triglycerides.

**Normal Reference Range: 125-200 mg/dL**

## LDL (bad) Cholesterol

LDL cholesterol is considered “bad” cholesterol because it can accumulate in the inner walls of your arteries, narrowing them and reducing blood flow. This result is not measured directly; rather it is derived from the total cholesterol, HDL cholesterol, and triglyceride results. Lower levels of LDL cholesterol are desirable.

The National Cholesterol Education Program considers LDL cholesterol the most important lipid for assessment of coronary heart disease risk. An LDL cholesterol of <130 mg/dL is considered desirable and a result of <100 mg/dL is considered optimal. You should be aware it is also important to consider other factors including smoking, diabetes, blood pressure, family history and the results of other tests in assessing your risk for coronary heart disease. Always seek the advice of your physician or qualified healthcare provider if you have any questions about your result.

**Normal Reference Range: < 130 mg/dL**

## Congratulations!

You have access to a valuable health benefit program called Lab Card. Our Lab Card program is a benefit enhancement to your current health plan that allows you 100% coverage on approved lab services when you direct your lab testing to Quest Diagnostics. There are NO co-pays, NO deductibles, and NO coinsurance. This is an optional benefit designed to save you money on outpatient laboratory needs.

Use the below space to track your personal testing results:

Total Cholesterol: \_\_\_\_\_

LDL Cholesterol: \_\_\_\_\_

HDL Cholesterol: \_\_\_\_\_

Triglycerides: \_\_\_\_\_

TSH: \_\_\_\_\_

Glucose: \_\_\_\_\_

Cardio CRP: \_\_\_\_\_

Total Protein \_\_\_\_\_

## HDL (good) Cholesterol

HDL cholesterol is commonly called “good” cholesterol because it can aid in the removal of excess cholesterol in body tissues and help prevent the accumulation of LDL cholesterol in the arteries. Higher levels of HDL cholesterol are desirable.

**Normal Reference Range: > 40 mg/dL**

## Triglycerides

Triglycerides are fats composed of fatty acids and glycerol. Triglycerides combine with proteins to form particles called lipoproteins that transport fats through the bloodstream. These lipoproteins carry triglycerides from the liver to other parts of the body that need this energy source. Triglycerides then return to the liver where they are removed from the body. The level of triglycerides in your blood can indicate how efficiently your body processes the fat in your diet. Accurate results require a minimum of a 12-hour fast (no food or drink except water and medication) prior to testing.

**Normal Reference Range: < 150 mg/dL**

## TSH

Thyroid Stimulating Hormone (TSH) is a hormone produced by the pituitary gland, a small gland located at the base of the brain, which controls the activity of the thyroid and many other body systems. The TSH test is the best test to screen for an overactive or underactive thyroid gland. A high level of TSH is associated with hypothyroidism – also known as an underactive thyroid gland. This means your body is not producing enough thyroid hormone to adequately maintain metabolic function. Symptoms can include fatigue, depression and unexplained weight gain. Elevated total cholesterol levels are often associated with hypothyroidism, and therefore can have a direct impact on your risk for heart disease. Always seek the advice of your physician or qualified healthcare provider if you have any questions about your result.

**Normal Reference Range: 0.4-5.5 micro UI/mL**

## Glucose

Glucose is the chief source of energy for all cells in the body. This test measures the concentration of glucose in your blood and can display signs of diabetes, hyperglycemia, hypoglycemia or other conditions

that can be associated with glucose levels that are too high or too low.

**Normal Reference Range: 65-99 mg/dL**

## Cardio CRP

CRP stands for “C-reactive protein” and is made by the liver in response to infection, tissue injury or inflammation. Low values, previously regarded as normal, have been shown to be a risk factor for atherosclerosis (fatty deposits lining the walls of blood vessels). Results of this test can help predict your risk of developing atherosclerotic heart disease. Build up of these fatty deposits can cause chest pain, called angina, and eventually lead to a heart attack.

Your risk increases with increasing levels of CRP. The risk of coronary heart disease cannot be provided for you. When Cardio CRP result is greater than 15.0 mg/L, risk analysis may be confused by a recent infection or illness. To find out your risk based on Cardio CRP, wait at least two weeks after resolution of any infection or illness and have another test performed.

**Normal Reference Range: < 3 mg/dL**

## Total Protein

Total protein has two main components – albumin and globulin. The body’s protein is derived from ingested food and therefore is influenced by the quality of diet, as well as by liver and kidney function.

**Normal Reference Range: 6.0-8.3 g/dL**

## Great way to keep on top of essential tests

Let us remind you of what test you need, and when. Visit Quest Diagnostics online to initiate an e-mail reminder of what tests you need and when you need them to keep you on track for a healthy lifestyle.

For more information or to get started, visit us at: [QuestDiagnostics.com/destinationhealth/survey.html](http://QuestDiagnostics.com/destinationhealth/survey.html) Quest Diagnostics Lab Card program is completely voluntary and provides you with 100% coverage for all your covered outpatient laboratory testing services. If you and/or your physician elect to use another lab – including the lab in your physician’s office, your normal benefits will apply and you will not receive 100% coverage.

**For more information about Lab Card visit [LabCard.com](http://LabCard.com) or call 1.800.646.7788 today.**