

# Directory of Tests

Saliva, dried blood spot and dried urine are used for the home-collection hormone testing that is the hallmark of ZRT Laboratory. The simplicity of sample collection and stability of samples make these tests ideal for clinical use and research. This is a list of all our current offerings.

| TEST  | CPT CODE  | ASSAY TYPE <sup>2</sup> | BLOOD SPOT | SALIVA | DRIED URINE | AVAILABLE AS "SINGLE" OR "ADD-ON" TEST <sup>3</sup> |
|---|---|-------------------------|------------|--------|-------------|---|
| Estradiol (E2) <sup>1</sup>   | 82670   | EIA                     | ✓          | ✓      |             | ✓   |
| Estradiol (E2)  | 82670   | GC-MS/MS                |            |        | ✓           |   |
| Estriol (E3)  | 82677   | LC-MS/MS                |            | ✓      |             | ✓   |
| Estriol (E3)  | 82677   | GC-MS/MS                |            |        | ✓           |   |
| Estrone (E1)  | 82679   | LC-MS/MS                |            | ✓      |             | ✓   |
| Estrone (E1)  | 82679   | GC-MS/MS                |            |        | ✓           |   |
| Progesterone (Pg) <sup>1</sup>  | 84144   | EIA                     | ✓          | ✓      |             | ✓   |
| Testosterone (T) <sup>1</sup>   | 84402   | LIA                     |            | ✓      |             | ✓   |
| Testosterone (T) <sup>1</sup>   | 84403   | EIA                     | ✓          |        |             | ✓   |
| Testosterone (T)  | 84403   | GC-MS/MS                |            |        | ✓           |   |
| DHEA-S  | 82627   | EIA                     | ✓          | ✓      |             | ✓   |
| DHEA + DHEA-S   | 82626   | GC-MS/MS                |            |        | ✓           |   |
| Cortisol (C) <sup>1</sup>   | 82530   | EIA                     |            | ✓      |             | ✓   |
| Cortisol (C) <sup>1</sup>   | 82533   | EIA                     | ✓          |        |             | ✓   |
| Free Cortisol   | 82530   | LC-MS/MS                |            |        | ✓           |   |
| Total Cortisol  | 82533   | GC-MS/MS                |            |        | ✓           |   |
| Free Cortisone  | 82530   | LC-MS/MS                |            |        | ✓           |   |
| Total Cortisone   | 82533   | GC-MS/MS                |            |        | ✓           |   |
| Steroid hormone metabolites:<br>2-OH estradiol, 4-OH estradiol, 2-MeO estradiol, 4-MeO estradiol<br>2-OH estrone, 4-OH estrone, 16 $\alpha$ -OH estrone, 2-MeO estrone, 4-MeO estrone<br>Pregnanediol, Allopregnanediol<br>Allopregnanolone<br>3 $\alpha$ -dihydroprogesterone<br>20 $\alpha$ -dihydroprogesterone<br>Deoxycorticosterone<br>Corticosterone<br>Epi-testosterone<br>5 $\alpha$ -dihydrotestosterone<br>Androstenedione<br>Etiocholanolone<br>Androsterone<br>5 $\alpha$ ,3 $\alpha$ -Androstanediol<br>Tetrahydrocortisol, tetrahydrocortisone | 82670<br>82679<br>84135<br>84140<br>84144<br>83499<br>82633<br>82528<br>82542<br>80327<br>82157<br>82696<br>82160<br>82154<br>83491 | GC-MS/MS                |            |        | ✓           |   |
| Bisphenol A   | 82542   | GC-MS/MS                |            |        | ✓           |   |
| Melatonin (MT6s)  | 82542   | LC-MS/MS                |            |        | ✓           |   |
| SHBG  | 84270   | LIA                     | ✓          |        |             | ✓   |
| Prostate Specific Antigen (PSA)   | 84153   | LIA                     | ✓          |        |             | ✓   |
| Free Thyroxine (fT4)  | 84439   | EIA                     | ✓          |        |             | ✓   |
| Free Triiodothyronine (fT3)   | 84481   | EIA                     | ✓          |        |             | ✓   |
| Thyroid Stimulating Hormone (TSH)   | 84443   | LIA                     | ✓          |        |             | ✓   |
| Thyroid Peroxidase Antibodies (TPOab)   | 86376   | EIA                     | ✓          |        |             | ✓   |
| Thyroxine (T4), total   | 84436   | EIA                     | ✓          |        |             | ✓   |
| Thyroglobulin   | 84432   | LIA                     | ✓          |        |             | ✓   |
| IGF-1 (Somatomedin C)   | 84305   | EIA                     | ✓          |        |             | ✓   |
| Luteinizing Hormone (LH)  | 83002   | LIA                     | ✓          |        |             | ✓   |
| Follicle-Stimulating Hormone (FSH)  | 83001   | LIA                     | ✓          |        |             | ✓   |
| 25-OH Vitamin D, Total (D2 plus D3)   | 82306   | LC-MS/MS                | ✓          |        |             | ✓   |

HORMONE TESTING

# Directory of Tests

|                          | TEST  | CPT Code | ASSAY TYPE <sup>2</sup> | BLOOD SPOT | SALIVA | DRIED URINE | AVAILABLE AS "SINGLE" OR "ADD-ON" TEST <sup>3</sup> |
|--------------------------|---|----------|-------------------------|------------|--------|-------------|---|
| CARDIOMETABOLIC          | Insulin (Ins), fasting                      | 83525    | EIA                     | ✓          |        |             | ✓   |
|                          | Cholesterol (CH), total                     | 82465    | Enzymatic               | ✓          |        |             |   |
|                          | HDL Cholesterol (HDL)                       | 83718    | Enzymatic               | ✓          |        |             |   |
|                          | High-Sensitivity C-Reactive Protein (hsCRP) | 86141    | EIA                     | ✓          |        |             | ✓   |
|                          | Hemoglobin A1c (HbA1c)                      | 83036    | ITA                     | ✓          |        |             | ✓   |
|                          | Triglycerides (TG)                          | 84478    | Enzymatic               | ✓          |        |             | ✓   |
| ELEMENTS TESTING         | Iodine (I)                                  | 84311    | ICPMS                   |            |        | ✓           | ✓   |
|                          | Bromine (Br)                                | 83789    | ICPMS                   |            |        | ✓           |   |
|                          | Arsenic (As)                                | 82175    | ICPMS                   |            |        | ✓           |   |
|                          | Selenium (Se)                               | 84255    | ICPMS                   | ✓          |        | ✓           |   |
|                          | Mercury (Hg)                                | 83825    | ICPMS                   | ✓          |        | ✓           |   |
|                          | Cadmium (Cd)                                | 82300    | ICPMS                   | ✓          |        | ✓           |   |
|                          | Lead (Pb)                                   | 83655    | ICPMS                   | ✓          |        |             |   |
|                          | Zinc (Zn)                                   | 84630    | ICPMS                   | ✓          |        |             |   |
|                          | Copper (Cu)                                 | 82525    | ICPMS                   | ✓          |        |             |   |
|                          | Magnesium (Mg)                              | 83735    | ICPMS                   | ✓          |        |             |   |
| NEUROTRANSMITTER TESTING | GABA  | 82136    | LC-MS/MS                |            |        | ✓           |   |
|                          | Glutamate (Glu)                             | 82136    | LC-MS/MS                |            |        | ✓           |   |
|                          | Glycine (Gly)                               | 82136    | LC-MS/MS                |            |        | ✓           |   |
|                          | Dopamine (DA)                               | 82384    | LC-MS/MS                |            |        | ✓           |   |
|                          | Epinephrine (Epi)                           | 82384    | LC-MS/MS                |            |        | ✓           |   |
|                          | Histamine (HIST)                            | 83088    | LC-MS/MS                |            |        | ✓           |   |
|                          | Norepinephrine (NE)                         | 82384    | LC-MS/MS                |            |        | ✓           |   |
|                          | Serotonin (5-HT)                            | 84260    | LC-MS/MS                |            |        | ✓           |   |
|                          | Phenethylamine (PEA)                        | 82136    | LC-MS/MS                |            |        | ✓           |   |
|                          | DOPAC                                       | 82384    | LC-MS/MS                |            |        | ✓           |   |
|                          | HVA   | 83150    | LC-MS/MS                |            |        | ✓           |   |
|                          | 5-HIAA                                      | 83497    | LC-MS/MS                |            |        | ✓           |   |
|                          | Normetanephrine (NMN)                       | 83835    | LC-MS/MS                |            |        | ✓           |   |
|                          | VMA   | 84585    | LC-MS/MS                |            |        | ✓           |   |
|                          | <b>ADJUNCT TO URINE TESTS</b>               |          |                         |            |        |             |   |
|                          | Creatinine (Cr) <sup>4</sup>                | 82570    | Colorimetric            |            |        | ✓           |   |

The American Medical Association's Current Procedural Terminology (CPT®) codes are provided for informational purposes only to assist with billing. ZRT assumes no responsibility for billing errors due to reliance on the published CPT codes.

1. Tested in both saliva and blood spot. Saliva measures free (bioavailable) hormone levels; blood spot measures total (free plus protein bound) levels.
2. Explanation of assay type abbreviations:

**EIA** = Enzyme Immunoassay

**GC-MS/MS** = Gas Chromatography/Tandem Mass Spectrometry

**ICPMS** = Inductively Coupled Plasma Mass Spectrometry

**ITA** = Immunoturbidimetric Assay

**LC-MS/MS** = Liquid Chromatography/Tandem Mass Spectrometry

**LIA** = Luminescence Immunoassay

3. Any test offered as a Single Test can be added to any other test or profile at a discounted price.

4. Creatinine is included with all urine tests as a correction factor for urine dilution.