



Testing with ZRT

An Overview of Testing with ZRT Laboratory

*The only way to know if hormones
are in balance is to test them.*

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The ZRT Difference

When choosing a laboratory, it's crucial to partner with a group that has **unmatched expertise and state-of-the-art technology to deliver the most accurate results** and make it easy for you to get on board.

Advancing the Science of Testing

- ✓ Ongoing clinical research, published in peer-reviewed journals and presented at scientific meetings, in collaboration with investigators around the world including the CDC, NIH, the military and academic research centers.

Accuracy

- ✓ We ensure accurate test results for low-concentration hormones such as estradiol by using an extraction process for saliva testing.
- ✓ Precision and accuracy are maintained with rigorous proficiency, testing both internally and externally.

Flexibility & Convenience

- ✓ We offer all three test mediums (saliva, blood spot, and dried urine) and a varied menu of tests, allowing maximum flexibility and optimal timing of sampling.
- ✓ First-morning saliva sampling measures peak hormone levels and ensures correspondence with supplementation ranges that depend on time since last hormone use. No need to collect four daily samples except when testing diurnal cortisol.
- ✓ We determine reference ranges for individual patient ages, menstrual status, and hormone supplementation, so patients don't need to stop taking hormones to use our testing.

Comprehensive Test Reports

- ✓ Test results correlate hormone levels with reported symptoms and hormone supplementation.
- ✓ All reports are physician-reviewed with individualized comments, and include previous test results to compare current and past hormone levels to monitor patient progress.
- ✓ Secure, online access to test reports.



Provider Support

- ✓ On-call clinical consultants available without appointment to consult with medical practitioners regarding hormone testing and bioidentical treatment approaches.
- ✓ Complimentary educational webinars for medical professionals presented by physician experts in the areas of physiology and endocrinology; complimentary patient education webinars.

Patient & Provider Education

- ✓ Patient education brochures and point-of-sale displays.
- ✓ Online access to resource materials, webinars, and reference documents.
- ✓ Discounted yearly testing for provider employees.



ZRT's Resource Library

Find comprehensive educational materials for practitioners and patients about ZRT's innovative testing.



Who, When & How to Test

ZRT test kits offer simple and convenient home collection of saliva, dried blood spot or dried urine samples. The resources we offer make sample collection easy – whether you prefer video or following detailed instructions.

Who to Test

Candidates for **hormone testing include men and women who are struggling with:**

- | | | |
|-----------------------|------------------------------|--|
| ✓ Hot flashes | ✓ Increased body/facial hair | ✓ Chronic stress and/or fatigue |
| ✓ Night sweats | ✓ Heavy or irregular menses | ✓ Weight gain, especially around the waist |
| ✓ Foggy thinking | ✓ PMS/PMDD | ✓ Heart palpitations |
| ✓ Decreased sex drive | ✓ Fibrocystic breasts | ✓ Dry skin/brittle nails |
| ✓ Vaginal dryness | ✓ Breast cancer | ✓ Cold hands and feet |
| ✓ Acne | ✓ Infertility or PCOS | |

Candidates for **neurotransmitter testing include adults and children who are struggling with:**

- | | | |
|--------------|-------------------|---------------|
| ✓ Anxiety | ✓ Chronic fatigue | ✓ Insomnia |
| ✓ Depression | ✓ Impulsivity | ✓ OCD or ADHD |

Candidates for **heavy metals & essential elements testing include adults and children who:**

- | | | |
|--|---|--------------------|
| ✓ Have exposure to well water or aging pipes | ✓ Have mercury dental work | ✓ Smoke cigarettes |
| ✓ Live in an older home or industrial area | ✓ Consume foods like vegetables, rice and seafood that may be tainted by heavy metals | |

When to Test

Hormones

- ▶ Pre-menopausal women should collect saliva, blood or urine on days 19–21 of their cycle. Women with irregular cycles should collect five days before they think their period will start.
- ▶ Post-menopausal and non-cycling women, men and children can collect any day of the month.
- ▶ See specialized instructions for those using hormones.

Neurotransmitters

- ▶ Cycling women can collect any day they aren't bleeding.
- ▶ Non-cycling women, men and children can collect any day of the month.

Heavy Metals & Essential Elements

- ▶ Cycling women can collect urine any day they aren't bleeding. They can collect blood any day.
- ▶ Non-cycling women, men and children can collect urine or blood any day of the month.

How to Test

Once you have identified a patient who can benefit from testing, follow these steps:

Alleviate Concerns

- ▶ Explain that the testing process is simple. ZRT saliva, blood spot, and urine test kits require no needles or lab visits.
- ▶ All samples can be collected at home and returned to the lab by UPS.

Walk Through the Test Kit

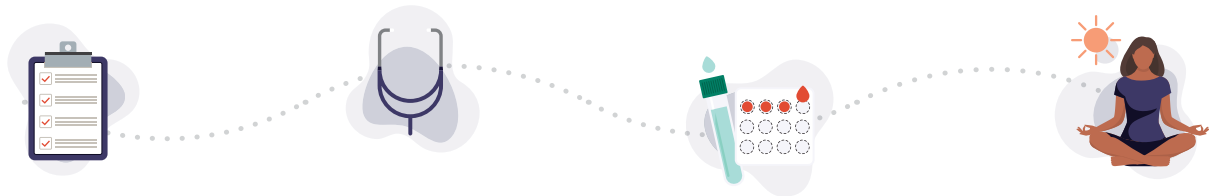
Walk through the test kit with patients, pointing out:

- ▶ Collection instructions
- ▶ Saliva tubes/blood spot lancets and filter card/urine cards
- ▶ Postage paid return label/mailed bag

Review Collection

Encourage patients to read collection instructions prior to testing, and fill out the paperwork the night before collection, leaving only Section 5 of the form (Sample Collection Dates and Times) to fill in the day of collection.

- ▶ Encourage patients to view ZRT's collection videos online at www.zrtlab.com/sample-collection



ZRT's Symptom Checklists will help identify which patients can benefit from testing and what type of testing is best for them.

Download at www.zrtlab.com/resources.

Understanding ZRT's Test Reports

ZRT's test reports are the most comprehensive results available anywhere.

Patient test results are a comprehensive review of their tested levels in correlation with reported symptoms, hormone usage (if applicable) and menstrual history in women. Each test result is individually reviewed to produce a complete report with descriptive comments added by licensed physicians on staff.

TEST NAME		RESULTS 07/28/18	03/01/18	02/26/18	RANGE
Salivary Steroids					
Cortisol		6.7	3.2 L		3.7-9.5 ng/mL (morning)
Cortisol		2.3	1.2		1.2-3.0 ng/mL (noon)
Cortisol		0.9	0.7		0.6-1.9 ng/mL (evening)
Cortisol		0.8	1.0		0.4-1.0 ng/mL (night)
Blood Spot Steroids					
Estradiol		69		73	43-180 pg/mL Premeno-luteal or ERT
Progesterone		11.6		31.5 H	3.3-22.5 ng/mL Premeno-luteal or PgRT
Ratio: Pg/E2		168		432	Pg/E2 (bloodspot-optimal 100-500)
Testosterone		97 ⁽¹⁾		34 ⁽²⁾	⁽¹⁾ 20-130 ng/dL Premeno-luteal or TRT ⁽²⁾ 10-45 ng/dL Postmenopausal
SHBG		87			15-120 nmol/L
DHEAS		70			40-290 µg/dL
Blood Spot Thyroids					
Free T4*		1.1			0.7-2.5 ng/dL
Free T3		3.2			2.4-4.2 pg/mL
TSH		0.4 L			0.5-3.0 µU/mL
TPOab*		12			0-150 IU/mL (70-150 borderline)

<L = Less than the detectable limit of the lab. N/A = Not applicable; 1 or more values used in this calculation is less than the detectable limit. H = High. L = Low. * For research purposes only.

CLIA Lic # 3800960950
8/15/2018 8:12:43 AM

The above results and comments are for informational purposes only and are not to be construed as medical advice. Please consult your healthcare practitioner for diagnosis and treatment.

David T. Zava
David T. Zava, Ph.D.
Laboratory Director

Alison McAllister
Alison McAllister, ND.
(Ordering Provider unless otherwise specified on page 1)

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Results

Results for each test are shown on a color-coded slider.

- Outside the Range
- High/Low Normal
- Within Range

ZRT is one of the few labs able to show historical test results, if available. These results are displayed directly next to the current results, so it's easy to see changes over time.


ZRT reports the normal/expected range of each marker tested.

Note: If applicable, optimal ranges are provided.

- ▶ Reference ranges are observed ranges based on collected laboratory data. Unlike other labs, patients do not need to stop hormone supplementation to use ZRT's testing because we have ranges adjusted for age, menstrual status, and supplementation types. This is the ideal method for tracking the effectiveness of hormone treatments.

- Providers can opt to show all reference ranges for the tests included on a separate page of the report.

TEST RESULT | Results continued

 Comprehensive Practice File II
 2018-08-02 00:35

Therapies

07/28/2018: 0.5mg topical Biotestrogen (E2 + E3) (compounded) (1 Days Last Used)100mg topical Progesterone (compounded) (1 Days Last Used)100mg oral Glycine (OTC) (1 Days Last Used)0.5mg topical Testosterone (compounded) (1 Days Last Used)5mg sublingual (SL) DHEA (OTC) (1 Days Last Used)50mg oral L-methionine (TM) (Pharmaceutical) (1 Days Last Used)30mg oral Armour (granular Thyroid) (Pharmaceutical) (1 Days Last Used) oral T4/T3 (Pharmaceutical) (1 Days Last Used) GABA/mg oral Melatonin (OTC) (1 Days Last Used)10mg oral Pregnenolone (OTC) (1 Days Last Used)50mg oral 5-HTP (5-Hydroxytryptophan) (OTC) (1 Days Last Used)

03/01/2018: 0.5mg topical Biotestrogen (E2 + E3) (compounded) (23 Hours Last Used)0.100mg topical Progesterone (compounded) (23 Hours Last Used)

02/26/2018: 0.5mg topical Biotestrogen (E2 + E3) (compounded) (1 Days Last Used)100mg topical Progesterone (compounded) (1 Days Last Used)

Graphs

Disclaimer: Graphs below represent average ranges for healthy individuals not using hormones. Supplementation ranges may be higher. Please note any supplementation ranges and lab comments if results are higher or lower than expected.

— Average ▼ Off Graph

Saliva Cortisol

Blood Spot Estradiol

Blood Spot Progesterone

Blood Spot Testosterone

CLIA # 05-0000000
 8/20/2018 12:42 AM

The above results and comments are for informational purposes only and are not to be considered as medical advice. Please consult your healthcare practitioner for diagnosis and treatment.

David L. Jones David L. Jones, Ph.D.
 Advanced Therapies

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Allen Whitaker, M.D. Allen Whitaker, M.D.
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 (where specified on page 1)

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Graphs & Therapies

- ▶ ZRT reports display patient-provided supplementation information (hormone, dose, delivery, timing).

► Graphs show reported levels by age or time to assist interpretation.

For hormones that vary by time of day like cortisol and melatonin, the graph shows the range as it changes over the course of a day and the test results are plotted on the graph according to the actual time of day the sample was collected. Ranges within the graphs are color-coded to show the degree of variation from the center of the normal range.

► For hormones that vary in level with age, reports include graphs based on our database of testers not using hormone supplementation, showing the variation in levels with age. The test result is marked on each graph to indicate where the result falls in relation to the observed range for the tester's actual age.

TEST RESULT | Patient Reported Symptoms

Comprehensive Female Health
2018-08-02 200 GB

Disclaimer: Symptom Categories below show percent of symptoms self-reported by the patient compared to total available symptoms for each category. For detailed information on category breakdowns, go to [www.artlab.com/patient-symptoms](#).

SYMPTOM CATEGORIES	RESULTS 07/28/18	03/01/18	02/26/18
Estragen / Progesterone Deficiency	11%	14%	21%
Estradiol Dominance / Progesterone Deficiency	8%	11%	15%
Low Androgens (DHEA/Testosterone)	21%	36%	39%
High Androgens (DHEA/Testosterone)	0%	15%	7%
Low Cortisol	22%	45%	47%
High Cortisol	7%	12%	17%
Hypometabolism	9%	27%	25%
Metabolic Syndrome	0%	2%	9%

SYMPTOM CHECKLIST	1	2	3
Aches and Pains			
Anxiety			
Allergies			
Anxious			
Bleeding Changes			
Blood Pressure High			
Blood Pressure Low			
Blood Sugar Low			
Body Temperature Cold			
Bone Loss			
Breast Cancer			
Breasts - Fibrocystic			
Breasts - Tender			
Chemical Sensitivity			
Cholesterol High			
Candidiasis			
Depressed			
Fatigue - Evening			
Fatigue - Morning			
Fibromyalgia			
Foggy Thinking			
Gelatin			
Hair - Dry or Brittle			
Hair - Increased Facial or Body			
Hair - Scalp Loss			
Headaches			
Hearing Loss			
Heart Palpitations			
Hemorrhoids			
Hot Flashes			
Incontinence			
Infertility			
Irritable			
Libido Decreased			
Memory Lapse			
Mood Swings			
Muscle Size Decreased			
Nails Breaking or Brittle			
Nervous			
Night Sweats			
Numbness - Fingers and Hands			

LAB TESTS - This document may be used for informational purposes only. It cannot be considered as medical advice. Please consult your healthcare practitioner for diagnosis and treatment.

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Symptoms

► Patient symptoms are summarized into eight hormone imbalance conditions and scored with ● red, ● yellow or ● green bars to indicate severity.

► Symptoms rated **mild (1)**, **moderate (2)** or **severe (3)**.

► Sixty-eight symptoms, self-reported by the patient on the test requisition.

Please refer to our Symptom Guide available at www.zrtlab.com for details about symptom categories.

Comments *(not pictured)*

Individualized comments correlate lab results, symptoms, and hormone usage (if applicable). ZRT providers can choose to include their professional comments in addition to, or in lieu of, the lab comments. The Comments page is a thorough explanation that provides a better understanding of tested levels in relation to intensity of self-reported symptoms (mild, moderate, severe), menstrual history in women, and supplementation at the time of testing. The self-reported symptoms do not influence lab results, but are included in the individualized comments as they relate back to lab results.

Clinical Experts

Call 1.866.600.1636 to Speak to a Clinician

Our clinical experts are available for peer-to-peer conversations that cover how to interpret our results and how to handle challenging patient cases.

Our experts also perform collaborative clinical research with groups such as the CDC, NIH and academic research groups worldwide. We have published research in peer-reviewed journals and presented at scientific meetings.



Dr. Alison McAllister
Head Clinician

Dr. Alison McAllister is the lead clinical consultant for ZRT. She sees patients in her own practice several days a week, and has worked with ZRT for over 17 years – helping hundreds of doctors understand hormone balance and the role that hormones, neurotransmitters and elements play in overall health. She is an expert in thyroid function, fertility and PCOS. In addition, Dr. McAllister also regularly lectures for groups such as the A4M and IFM at industry conferences.



Dr. Sherry LaBeck
Clinical Consultant

Dr. Sherry LaBeck has been with ZRT for over 12 years. Prior to being a clinical consultant she taught at the National University of Naturopathic Medicine in Portland, OR, and the Southwest College of Naturopathic Medicine in Tempe, AZ. Her mission is to continue to expand education about hormones for health care providers around the country.



Dr. Beth Baldwin
Clinical Consultant

Dr. Beth Baldwin earned her ND at Bastyr University in 2004. She has since worked in private practice, community health and clinical research, focusing on women’s health throughout the lifespan, bioidentical hormone replacement and neurodevelopmental disorders. Dr. Baldwin also served as director of medical affairs for a professional nutraceutical manufacturer for over a decade. As a member of ZRT Laboratory’s Clinical Consultant team, Dr. Baldwin shares her knowledge to promote safe approaches to hormonal health.

Staff clinicians available **9am–5pm PT, Mon–Fri at 1.866.600.1636** for peer-to-peer consultations. **No charge, no appointment necessary, no time limits**

Scientific Experts



Dr. David Zava
Founder

ZRT’s founder Dr. David Zava, a biochemist by trade and a teacher at heart, is animated when he talks about his work. He didn’t start out trying to build a company — as a researcher, he wanted to provide health care practitioners and patients with a deeper understanding of the role hormones play in wellness.

The more he studied, the more test results he reviewed, and the more patient stories he heard, the more he knew he needed to channel his knowledge into something that enables people to be actively involved in their own health.

To this day, he’s continually searching to understand more fully how the world around us impacts our well-being, and how our lifestyle choices, environment and genetics impact the delicate balance of our hormones.

His hands-on approach trickles down through ZRT Laboratory, so much so that the company is renowned for the way it supports people and their health on such a personal level.

ZRT Laboratory embodies Dr. Zava’s vision, and is recognized the world over as a team devoted to providing the most accurate results with the most educated insight into their meaning.



Our Laboratory Team

ZRT Laboratory was founded on rigorous scientific research. Our commitment to innovation includes developing and extensively validating new tests before they are offered commercially. We actively collaborate with academic institutions, research organizations, hospitals, and public health agencies, including projects funded by the National Institutes of Health and the Centers for Disease Control and Prevention. Our research has been published in peer-reviewed journals and presented at scientific meetings and international conferences.

Our laboratory team of experienced scientists, technicians, and clinical researchers ensures the accuracy and reliability of every test. Through specialized expertise in hormone and wellness testing, ongoing education, rigorous quality control, and advanced technology, we deliver high-quality, evidence-based diagnostic tools that support healthcare professionals and improve patient outcomes worldwide.

Directory of Tests

Saliva, blood spot and dried urine are used for the minimally-invasive hormone testing that is the hallmark of ZRT Laboratory. The simplicity of sample collection and stability of samples in storage and transport have made these ideal for clinical use as well as research. See the table for a list of all our tests and assay methods used.

TESTS	CPT CODE	SALIVA	BLOOD SPOT	DRIED URINE
Steroid Hormone Testing				
Estradiol (E2)**	82670	LCMS	LCMS	GCMS
2-OH E2, 4-OH E2, 2-MeO E2, 4-MeO E2	82670			GCMS
Estriol (E3)	82677	LCMS	LCMS	GCMS
Estrone (E1)	82679	LCMS	LCMS	GCMS
2-OH E1, 4-OH E1, 16α-OH E1, 2-MeO E1, 4-MeO E1	82679			GCMS
Estrone-3-Glucuronide (E1G)	82679			EIA
Pregnenolone sulfate (PregS)	84140	LCMS		
Progesterone (Pg)**	84144	LCMS	LCMS	
Pregnanediol (Pgdiol), Allopregnanediol (AlloPd)	84135			GCMS
Pregnanediol-3-Glucuronide (PDG)	84135			EIA
Allopregnanolone (AlloP)	84140	LCMS		GCMS
17-OH Progesterone (17OHPg)	83498	LCMS		
3α-dihydroprogesterone (3αHP)	84144			GCMS
20α-dihydroprogesterone (20α-HP)	83498			GCMS
11-Deoxycorticosterone (DOC)	82633			GCMS
Androstenedione (Adione)	82157	LCMS		GCMS
Testosterone (T)**	84402	LCMS		
Testosterone (T)**	84403		LCMS	GCMS
Epi-testosterone (Epi-T)	82542			GCMS
5α-dihydrotestosterone (5α-DHT)	82642	LCMS		GCMS
DHEA (D)	82626	LCMS		GCMS
DHEA-S (DS)	82627	ECLIA/LCMS	LCMS	
7-Keto DHEA (7keto)	82542	LCMS		
Etiocholanolone (Etio)	82696			GCMS
Androsterone (Andro)	82160			GCMS
5α,3α-Androstenediol (5α,3α)	82154			GCMS
11-Deoxycortisol (11DC)	82634	LCMS		
Cortisol (C)**	82530	ECLIA/LCMS		
Cortisol (C)**	82533		LCMS	
Free Cortisol (FC)	82530			LCMS
Total Cortisol (TC)	82533			GCMS
Cortisone (Cn)	82530	LCMS		
Free Cortisone (FCn)	82530			LCMS
Total Cortisone (TCn)	82533			GCMS
Tetrahydrocortisol (ThC), Tetrahydrocortisone (ThCn)	83491			GCMS
Corticosterone (Ccn)	82528	LCMS		GCMS
Aldosterone (Ald)	82088	LCMS		
Hormone-Related Testing				
Bisphenol A (BPA)	82542			GCMS
Ethinyl estradiol (EE)	82670	LCMS		
Melatonin (Mel)	82542	LCMS		
Melatonin (MT6s)	82542			LCMS
Sex hormone binding globulin (SHBG)	84270		ECLIA	
Prostate-Specific Antigen (PSA)	84153		ECLIA	
Anastrozole (ANZ)	82542	LCMS		
Finasteride (FIN)	82542	LCMS		
Letrozole (LTZ)	82542	LCMS		

TESTS	CPT Code	SALIVA	BLOOD SPOT	DRIED URINE
Luteinizing Hormone (LH)	83002		ECLIA	EIA
Follicle-Stimulating Hormone (FSH)	83001		ECLIA	
Vitamin D (25-OH D2/25-OH D3)	82306		LCMS	
Anti-Müllerian Hormone (AMH)	82166		ECLIA	
Thyroid Testing				
Free Thyroxine (fT4)	84439		ECLIA	
Free Triiodothyronine (fT3)	84481		ECLIA	
Thyroglobulin (Tgbn)	84432		ECLIA	
Thyroid-Stimulating Hormone (TSH)	84443		ECLIA	
Thyroid Peroxidase Antibodies (TPOab)	86376		EIA	
Thyroxine (T4), total	84436		ECLIA	
Cardiometabolic Testing				
Cholesterol (CH), total	82465		PHOT	
HDL Cholesterol (HDL)	83718		PHOT	
Hemoglobin A1c (HbA1c)	83036		PHOT	
High-Sensitivity C-Reactive Protein (hsCRP)	86141		EIA	
Insulin (Ins), fasting	83525		EIA	
Triglycerides (TG)	84478		PHOT	
Lipids Panel (TG, HDL, & CH)	80061		PHOT	
Neurotransmitter Testing				
5-Hydroxyindoleacetic acid (5-HIAA)	83497			LCMS
Dopamine (DA), DOPAC	82384			LCMS
Norepinephrine (NE), Epinephrine (Epi)	82384			LCMS
GABA, Glutamate (Glu), Glycine (Gly)	82139			LCMS
Tryptophan, Kynurenine, 3-Hydroxykynurenine	82139			LCMS
Taurine (Tau), Glutamine (Gln), Histidine (His)	82139			LCMS
Phenethylamine (PEA), N-Methylhistamine, Tyramine	82542			LCMS
Histamine (Hist)	83088			LCMS
Kynurenic acid (KynAC), Xanthurenic acid (Xanth)	83921			LCMS
Homovanillic acid (HVA)	83150			LCMS
Normetanephrine (NMN)	83835			LCMS
Serotonin (5-HT)	84260			LCMS
Tyrosine (Tyr)	84510			LCMS
Vanillylmandelic acid (VMA)	84585			LCMS
Creatinine (Crtn)	82570			LCMS
Heavy Metals & Essential Elements Testing				
Arsenic (As)	82175			ICPMS
Bromine (Br)	84311			ICPMS
Cadmium (Cd)	82300		ICPMS	ICPMS
Copper (Cu)	82525		ICPMS	
Iodine (I)	84311			ICPMS
Lead (Pb)***	83655		ICPMS	
Lithium (Li)	80178			ICPMS
Magnesium (Mg)	83735		ICPMS	
Mercury (Hg)	83825		ICPMS	ICPMS
Selenium (Se)	84255		ICPMS	ICPMS
Zinc (Zn)	84630		ICPMS	
Adjunct to Urine Testing				
Creatinine (Crtn)	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.

**Tested in saliva and blood spot. Saliva measures free (bioavailable) levels

*** Only Available to Research Accounts



Overview of Kits

Panel Menu



Saliva Kit

- **Single Tests in Saliva:** C
- **4-Point Cortisol:** C(x4)
- **Adrenal Stress:** DHEAs, C(x4)
- **LCMS Hormones 3:** E2, Pg, T
- **LCMS Hormones 5:** E2, Pg, T, DHEAs, C
- **LCMS Hormones 7:** E2, E3, E1, Pg, T, DHEAs, C
- **LCMS Hormones 17:** E2, E3, E1, PregS, Pg, AlloP, 17OHPg, Adione, T, D, DS, 7keto, 11DC, C, Cn, Cnn, Ald
- **LCMS Hormones 23:** E2, E3, E1, EE, PregS, Pg, AlloP, 17OHPg, Adione, T, DHT, D, DS, 7keto, 11DC, C, Cn, Ccn, Ald, Mel, ANZ, FIN, LTZ
- **LCMS Hormones 3 with 4-Point Cortisol**
- **LCMS Hormones 5 with 4-Point Cortisol**
- **LCMS Hormones 7 with 4-Point Cortisol**
- **LCMS Hormones 17 with 4-Point Cortisol**
- **LCMS Hormones 23 with 4-Point Cortisol**



Saliva Cortisol Awakening Response Kit

- **Cortisol Awakening Response:** DHEAs, C(x6)



Dried Blood Spot Kit

- **Single Tests in Dried Blood Spot:** SHBG, PSA, TSH, AMH, hsCRP, In, HbA1c
- **Dual Tests in Dried Blood Spot:** LH and FSH
- **Thyroids:** TSH, FT3, FT4, TT4, Tgbn, TPOab
- **Lipids:** TG, CH, HDL, LDL, VLDL
- **CardioMetabolic:** HbA1c, TG, CH, HDL, LDL, VLDL, In, hsCRP
- **ICPMS Toxic and Essential Elements:** Zn, Cu, Mg, Se, Cd, Hg
- **LCMS Vitamin D:** D2, D3, D Total
- **LCMS Hormones 3 with SHBG:** E2, Pg, T, SHBG
- **LCMS Hormones 5 with SHBG:** E2, Pg, T, DHEAs, C, SHBG
- **LCMS Hormones 7 with SHBG:** E2, E3, E1, Pg, T, DHEAs, C, SHBG
- **LCMS Hormones 7 with SHBG and Thyroids**



Saliva + Dried Urine Hormone Metabolites Kit

- **Dried Urine: GCMS Estrogen Metabolites:** Estrogens (12), BPA, Crtn
- **Dried Urine: GCMS Hormone Metabolites:** Estrogens (12), BPA, Progestogens (7), Androgens (8), Glucocorticoids (4), Crtn
- **Dried Urine: LCMS Diurnal Hormones I:** C(x4), Cn(x4), Mt(x4), Crtn(x4)
- **Dried Urine: GCMS Estrogen Metabolites and LCMS Diurnal Hormones I**
- **Dried Urine: GCMS Hormone Metabolites and LCMS Diurnal Hormones I**
- **Saliva: 4-Point Cortisol + Dried Urine: GCMS Estrogen Metabolites**
- **Saliva: 4-Point Cortisol + Dried Urine: GCMS Hormone Metabolites**



Saliva + Dried Urine Neurotransmitter Kit

- **Dried Urine: LCMS Neurotransmitters:** Trp, 5-HT, 5-HIAA, GABA, Gly, Tau, Glu, Gln, His, HIST, N-MeHist, PEA, Tyr, Tyra, DA, DOPAC, HVA, NE, NMN, Epi, VMA, Kyn, KynAc, 3OHKyn, Xanth, Crtn
- **Dried Urine: LCMS Diurnal Hormones I:** FC(x4), FCn(x4), MT6s(x4), Crtn(x4)
- **Dried Urine: LCMS Diurnal Hormones II:** FC(x4), FCn(x4), NE(x4), Epi(x4), MT6s(x4), Crtn(x4)
- **Dried Urine: LCMS Neurotransmitters and Diurnal Hormones I**
- **Dried Urine: LCMS Neurotransmitters and LCMS Diurnal Hormones II**
- **Saliva: 4-Point Cortisol + Dried Urine: LCMS Neurotransmitters**
- **Saliva: LCMS Hormones 7 + Dried Urine: LCMS Neurotransmitters**
- **Saliva: LCMS Hormones 7 + Dried Urine: LCMS Neurotransmitters and LCMS Diurnal Hormones I**
- **Saliva: LCMS Hormones 7 + Dried Urine: LCMS Neurotransmitters and LCMS Diurnal Hormones II**
- **Saliva: LCMS Hormones 7 with 4-Point Cortisol + Dried Urine: LCMS Neurotransmitters**



Saliva + Blood Spot Kit

- **Saliva: 4-Point Cortisol + Blood Spot: Thyroids**
- **Saliva: 4-Point Cortisol + Blood Spot: Cardiometabolic**
- **Saliva: 4-Point Cortisol + Blood Spot: Thyroids and Cardiometabolic**
- **Saliva: 4-Point Cortisol + Blood Spot: LCMS Hormones 7 with SHBG**
- **Saliva: 4-Point Cortisol + Blood Spot: LCMS Hormones 7 with SHBG and Thyroids**
- **Saliva: 4-Point Cortisol + Blood Spot: LCMS Hormones 7 with SHBG and Cardiometabolic**
- **Saliva: 4-Point Cortisol + Blood Spot: LCMS Hormones 7 with SHBG, Thyroids and Cardiometabolic**
- **Saliva: LCMS Hormones 7 with 4-Point Cortisol + Blood Spot: Thyroids**
- **Saliva: LCMS Hormones 7 with 4-Point Cortisol + Blood Spot: Cardiometabolic**
- **Saliva: LCMS Hormones 7 with 4-Point Cortisol + Blood Spot: Thyroids and Cardiometabolic**
- **Saliva: LCMS Hormones 7 with 4-Point Cortisol + Blood Spot: Thyroids, Cardiometabolic, and LCMS Vitamin D [Weight Management]**



Blood Spot + Dried Urine Kit

- Dried Urine: ICPMS Iodine: I, Crtn
- Dried Urine: ICPMS Toxic and Essential Elements: I, Br, Se, Li, As, Cd, Hg, Crtn
- Blood Spot: Thyroids + Dried Urine: GCMS Estrogen Metabolites
- Blood Spot: Thyroids + Dried Urine: GCMS Estrogen Metabolites and LCMS Diurnal Hormones I
- Blood Spot: Thyroids + Dried Urine: GCMS Hormone Metabolites
- Blood Spot: Thyroids + Dried Urine: GCMS Hormone Metabolites and LCMS Diurnal Hormones I
- Blood Spot: Thyroids + Dried Urine: ICPMS Iodine
- Blood Spot: Thyroids + Dried Urine: ICPMS Toxic and Essential Elements
- Blood Spot: ICPMS Toxic and Essential Elements + Dried Urine: ICPMS Toxic and Essential Elements



Dried Urine Menstrual Cycle Mapping Kit

- Menstrual Cycle Mapping: LH(x15), E1G(x15), PDG(x15), Crtn(x15)

About ZRT Laboratory Test Kits

ZRT’s all-inclusive test kits are designed for private sample collection at home, at the optimal time. **Learn more about testing with ZRT at zrtlab.com.**

The Ease of Working with ZRT

You’re already busy running your practice, so we’ve designed our services to keep things simple.

Live Customer Service Agents

Our Customer Service staff is available to assist you Monday–Friday, from 6am–5pm PT.

Reach us at **1.866.600.1636** or **info@zrtlab.com**

Secure Online Access | myZRT

After logging into the secure, online portal at www.myZRT.com, providers can manage many aspects of their ZRT account such as:

- ✓ Ordering kits
- ✓ Checking on the status of samples
- ✓ Downloading completed reports

Online Resources | www.zrtlab.com

Many educational and patient support documents are located on our company website such as:

- ▶ Collection Videos – www.zrtlab.com/sample-collection/
- ▶ Downloadable Instructions – www.zrtlab.com/sample-collection/
- ▶ Provider & Patient Education – www.zrtlab.com/resources/
- ▶ Frequently Asked Questions – www.zrtlab.com/faq/

ZRT also posts educational updates and links to useful resources:

- ✓ Recent provider webinars
- ✓ New educational patient materials
- ✓ New testing options

Payment Options & Billing Practices



Bill Provider (Domestic + Canada)

- ▶ Provider distributes kits to patients
- ▶ Provider is responsible for payment to ZRT and will be billed twice monthly for any completed report
- ▶ Automatic payment methods are available for provider convenience (required in Canada)
- ▶ Patient insurance billing is the responsibility of the provider (except Medicare, see below)
- ▶ Return shipping included



Patient Pay (Domestic Only)

- ▶ Provider distributes kits to patients
- ▶ Patient is responsible for payment to ZRT Laboratory
- ▶ We will courtesy bill a select group of insurances as a non-contracted provider at ZRT retail price
- ▶ Return shipping included



International

- ▶ Provider distributes kits to patients
- ▶ Provider is billed twice monthly for any report that has been completed (Patient Pay not available)
- ▶ Automatic payment required with this option
- ▶ International shipping charges apply for outbound orders
- ▶ Patient is responsible for return shipping costs

Insurance Billing

ZRT Laboratory will courtesy bill the following insurance companies: Original Medicare Part B, Medicare Advantage Plans, TRICARE, Cigna, Humana and Regence Blue Cross Blue Shield as a non-contracted provider at the ZRT retail price. Please note we do not file secondary insurance. We recommend patients check with their insurance companies regarding coverage prior to testing.

Medicare

Prepayment is required for saliva testing or for any test ordered by providers outside the scope of their practices (ND, DC, LAC, etc.) or who are not enrolled with Medicare, as it is not covered. All providers must order Medicare Kits separately from standard test kits to satisfy Medicare regulations. ZRT Laboratory will courtesy bill Medicare for all payment options.



Contact Info

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CPT Codes

The American Medical Association's Current Procedural Terminology (CPT®) codes in ZRT Laboratory's Test Directory are provided for informational purposes only. CPT codes are provided only as a guide to assist providers with billing. ZRT recommends that clients confirm CPT codes with their Medicare administrative contractor, as requirements may differ. CPT coding is the sole responsibility of the billing party. ZRT assumes no responsibility for billing errors due to reliance on the published CPT codes.

Health Insurance Portability & Accountability Act (HIPAA)

ZRT Laboratory is committed to complying with privacy and security standards outlined in the HIPAA and the Health Information Technology for Economic and Clinical Health Act. Notice of Privacy Practices may be found at www.zrtlab.com.

