



Testing with ZRT

An Overview of Testing with ZRT Laboratory

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

Table of Contents

| | |
|---|----|
| The ZRT Difference | 1 |
| Who, When & How to Test | 3 |
| Understanding ZRT's Test Reports | 5 |
| Clinical Experts | 7 |
| Scientific Experts | 8 |
| Directory of Tests & CPT Codes | 9 |
| Overview of Kits | 11 |
| Payment Options & Billing Practices | 15 |
| The Ease of Working with ZRT | 16 |



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.



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

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

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

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

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

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

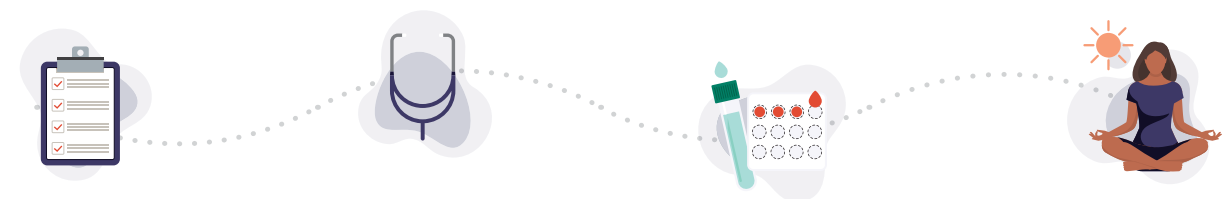
Walk through the test kit with patients, pointing out:

- ▶ Collection instructions QR code card
- ▶ 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, identify their panel requirements in Section 1, 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 REPORT

2018 08 02 200 SB
Ordering Provider:
Jane Getuwell, MD

8605 SW Creekside Place
Beaverton, OR 97008
Phone: 503-466-2445 Fax: 503-466-1636

ZRT LABORATORY

Samples Received 08/02/2018
Report Date 08/08/2018

Samples Collected
Saliva - 07/28/18 07:30
Saliva - 07/28/18 13:00
Saliva - 07/28/18 19:00
Saliva - 07/28/18 23:00
Blood Spot - 07/31/18 05:

Patient Name: Comprehensive Female Profile II
Patient Phone Number: 555 555 5555

| | | | |
|----------------------------------|--|--------------------------|-----------------------------|
| Gender Female | Last Menses Unspecified | Height 5' 8 in | Waist Unspecified |
| DOB 9/30/1964 (53 yrs) | Menses Status Hysterectomy (ovaries removed) | Weight 134 lb | BMI 23.4 |

| 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) |

*CLIA Lic # 3800969950 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.

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.

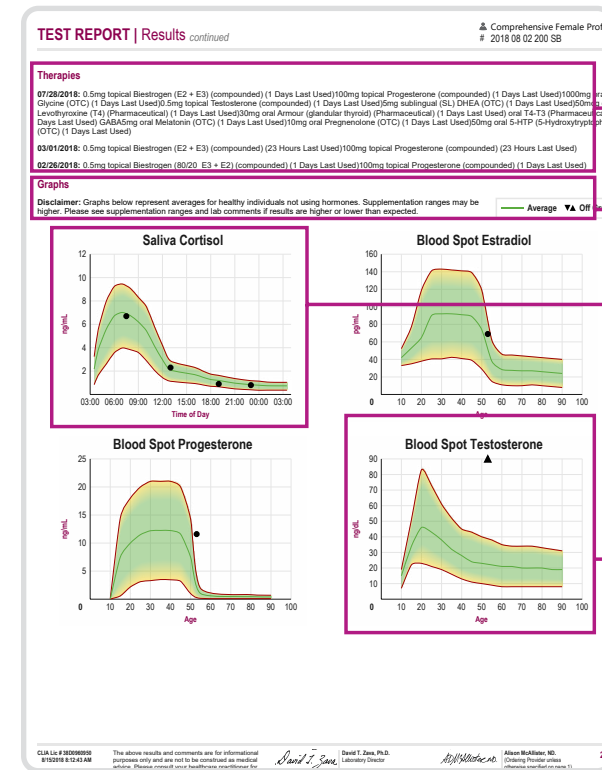
Graphs & Therapies

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.



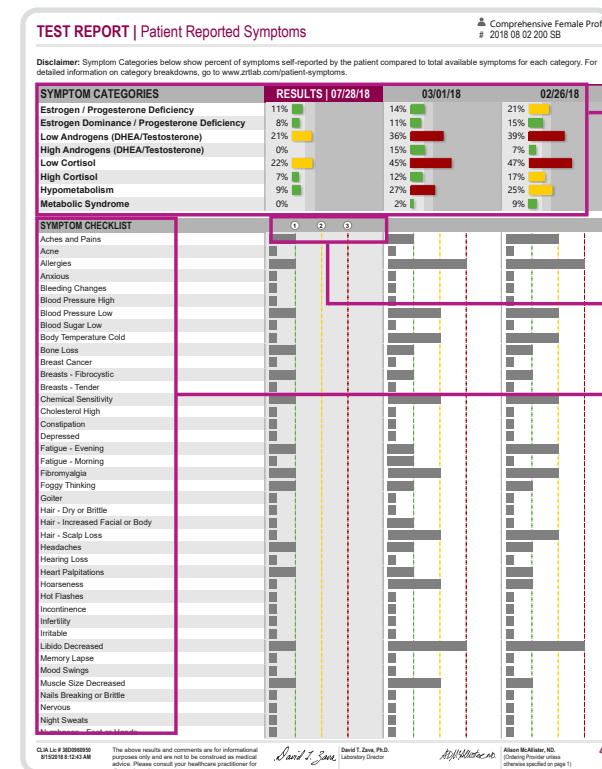
Symptoms

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.

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.

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. 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.**

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, 16 α -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 | | |
| 3 α -dihydroprogesterone (3 α HP) | 84144 | | | GCMS |
| 20 α -dihydroprogesterone (20 α -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 |
| 5 α -dihydrotestosterone (5 α -DHT) | 82642 | LCMS | | GCMS |
| DHEA (D) | 82626 | LCMS | | GCMS |
| DHEA-S (DS) | 82627 | ECLIA/LCMS | LCMS | |
| 7-Keto DHEA (7keto) | 82542 | LCMS | | |
| Etiolanolone (Etio) | 82696 | | | GCMS |
| Androsterone (Andro) | 82160 | | | GCMS |
| 5 α ,3 α -Androstanediol (5 α ,3 α) | 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 | |
| Cardiomatabolic 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



Single-Tube Saliva Kit

- S-101** Cortisol: C
- S-123** LCMS Hormones 3: E2, Pg, T
- S-124** LCMS Hormones 5: E2, Pg, T, DHEAs, C
- S-125** LCMS Hormones 7: E2, E3, E1, Pg, T, DHEAs, C
- S-126** LCMS Hormones 17: E2, E3, E1, PregS, Pg, AlloP, 17OHPg, Adione, T, D, DS, 7keto, 11DC, C, Cn, Ccn, Ald
- S-127** 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



Saliva Kit

- S-120** 4-Point Cortisol: C(x4)
- S-121** Adrenal Stress: DHEAs, C(x4)
- S-140** LCMS Hormones 3 with 4-Point Cortisol
- S-141** LCMS Hormones 5 with 4-Point Cortisol
- S-142** LCMS Hormones 7 with 4-Point Cortisol
- S-143** LCMS Hormones 17 with 4-Point Cortisol
- S-144** LCMS Hormones 23 with 4-Point Cortisol



Saliva Cortisol Awakening Response Kit

- S-122** Cortisol Awakening Response: DHEAs, C(x6)



Dried Blood Spot Kit - Single Tests

- | | |
|------------------------------------|--------------------------------------|
| B-201 Blood Spot SHBG: SHBG | B-206 Blood Spot hsCRP: hsCRP |
| B-202 Blood Spot PSA: PSA | B-207 Blood Spot Insulin: IN |
| B-203 Blood Spot TSH: TSH | B-208 Blood Spot HbA1c: HbA1c |
| B-205 Blood Spot AMH: AMH | |

Continued



Dried Blood Spot Kit *Continued*

- B-204** Luteinizing Hormone and Follicle-Stimulating Hormone: LH, FSH
- B-220** Thyroids: TSH, FT3, FT4, TPOab, Tgbn, TT4
- B-221** Lipids: HDL, TG, CH
- B-222** CardioMetabolic: IN, HbA1c, HDL, TG, CH, hsCRP
- B-224** ICPMS Toxic and Essential Elements: Zn, Cu, Mg, Se, Cd, Hg
- B-223** LCMS Vitamin D: D2, D3
- B-240** LCMS Hormones 3 with SHBG: E2, Pg, T, SHBG
- B-241** LCMS Hormones 5 with SHBG: E2, Pg, T, DS, C, SHBG
- B-242** LCMS Hormones 7 with SHBG: E2, E3, E1, Pg, T, DS, C, SHBG
- B-243** LCMS Hormones 7 with SHBG and Thyroids



Saliva + Dried Urine Hormone Metabolites Kit

- U-323** Dried Urine GCMS Estrogen Metabolites
E2, E1, E3, 2-OH E2, 2-OH E1, 4-OH E2, 4-OH E1, 16aOH E1, 2-MeO E2, 2-MeO E1, 4-MeO E2, 4-MeO E1, BPA, Crtn
- U-324** Dried Urine GCMS Hormone Metabolites
E2, E1, E3, 2-OH E2, 2-OH E1, 4-OH E2, 4-OH E1, 16aOH E1, 2-MeO E2, 2-MeO E1, 4-MeO E2, 4-MeO E1, BPA, Pgdiol, AlloP, AlloPd, 3aHP, 20aHP, DOC, Ccn, TC, TCn, ThC, ThCn, D, Adione, Andro, Etio, T, Epi-T, 5a-DHT, 5a3a, Crtn
- U-321** Dried Urine LCMS Diurnal Hormones I: FC(x4), FCn(x4), MT6s(x4), Crtn(x4)
- U-340** Dried Urine GCMS Estrogen Metabolites and LCMS Diurnal Hormones I
- U-341** Dried Urine GCMS Hormone Metabolites and LCMS Diurnal Hormones I
- SU-845** Saliva 4-Point Cortisol + Dried Urine GCMS Estrogen Hormone Metabolites
- SU-846** Saliva 4-Point Cortisol + Dried Urine GCMS Hormone Metabolites



Saliva + Dried Urine Neurotransmitter Kit

- U-325** 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
- U-321** Dried Urine LCMS Diurnal Hormones I: FC(x4), FCn(x4), MT6s(x4), Crtn(x4)
- U-322** Dried Urine LCMS Diurnal Hormones II: FC(x4), FCn(x4), NE(x4), Epi(x4), MT6s(x4), Crtn(x4)

Continued



Saliva + Dried Urine Neurotransmitter Kit *Continued*

- U-342** Dried Urine LCMS Neurotransmitters and Diurnal Hormones I
- U-343** Dried Urine LCMS Neurotransmitters and Diurnal Hormones II
- SU-843** Saliva 4-Point Cortisol + Dried Urine LCMS Neurotransmitters
- SU-840** Saliva LCMS Hormones 7 + Dried Urine LCMS Neurotransmitters
- SU-841** Saliva LCMS Hormones 7 + Dried Urine LCMS Neurotransmitters and Diurnal Hormones I
- SU-842** Saliva LCMS Hormones 7 + Dried Urine LCMS Neurotransmitters and Diurnal Hormones II
- SU-844** Saliva LCMS Hormones 7 with 4-Point Cortisol + Dried Urine LCMS Neurotransmitters



Saliva + Dried Blood Spot Kit

- SB-640** Saliva 4-Point Cortisol + Blood Spot Thyroids
- SB-641** Saliva 4-Point Cortisol + Blood Spot CardioMetabolic
- SB-642** Saliva 4-Point Cortisol + Blood Spot Thyroids and CardioMetabolic
- SB-643** Saliva 4-Point Cortisol + Blood Spot LCMS Hormones 7 with SHBG
- SB-644** Saliva 4-Point Cortisol + Blood Spot LCMS Hormones 7 with SHBG and Thyroids
- SB-645** Saliva 4-Point Cortisol + Blood Spot LCMS Hormones 7 with SHBG and CardioMetabolic
- SB-646** Saliva 4-Point Cortisol + Blood Spot LCMS Hormones 7 with SHBG, Thyroids and CardioMetabolic
- SB-647** Saliva LCMS Hormones 7 + Blood Spot Thyroids
- SB-648** Saliva LCMS Hormones 7 + Blood Spot CardioMetabolic
- SB-649** Saliva LCMS Hormones 7 + Blood Spot Thyroids and CardioMetabolic
- SB-650** Saliva LCMS Hormones 7 with 4-Point Cortisol + Blood Spot Thyroids
- SB-651** Saliva LCMS Hormones 7 with 4-Point Cortisol + Blood Spot CardioMetabolic
- SB-652** Saliva LCMS Hormones 7 with 4-Point Cortisol + Blood Spot Thyroids and CardioMetabolic
- SB-653** Saliva LCMS Hormones 7 with 4-Point Cortisol + Blood Spot Thyroids, CardioMetabolic + LCMS Vitamin D



Blood Spot + Dried Urine Kit

- U-326** Dried Urine ICPMS Iodine: I, Crtn
- U-327** Dried Urine ICPMS Toxic and Essential Elements: I, Br, Se, Li, As, Cd, Hg, Crtn
- BU-740** Blood Spot Thyroids + Dried Urine GCMS Estrogen Hormone Metabolites
- BU-741** Blood Spot Thyroids + Dried Urine GCMS Estrogen Hormone Metabolites and LCMS Diurnal Hormones I
- BU-742** Blood Spot Thyroids + Dried Urine GCMS Hormone Metabolites
- BU-743** Blood Spot Thyroids + Dried Urine GCMS Hormone Metabolites and LCMS Diurnal Hormones I
- BU-744** Blood Spot Thyroids + Dried Urine ICPMS Iodine
- BU-745** Blood Spot Thyroids + Dried Urine ICPMS Toxic and Essential Elements
- BU-746** Blood Spot ICPMS Toxic and Essential Elements + Dried Urine ICPMS Toxic and Essential Element



Dried Urine Menstrual Cycle Mapping Kit

- U-328** Menstrual Cycle Mapping: E1G(x15), PDG(x15), LH(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 & General Information



Bill Provider (Domestic + Canada)

- ▶ Provider distributes kits to patients
- ▶ Provider is responsible for payment to ZRT and will be billed twice monthly for completed reports
- ▶ 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, Champ VA and TRICARE 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.

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.



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