

# Functional Testing with DiagnosTechs Laboratory

Combining functional test panels with cutting-edge technology to  
facilitate optimal patient outcomes

Presented by Lisa Canar, ND and Laura Firetag, ND (Medical Support)



# About DiagnosTechs



# Making History as a Pioneer

- Established in 1987
- Innovator in **non-invasive** testing
- First laboratory to introduce saliva cortisol testing into routine clinical practice
- Offer a robust test menu to determine the root cause(s) of dysfunction and disease for optimal health restoration
- Peace of mind in testing - only the highest quality methodology & technology is used for clinical accuracy
- DiagnosTechs processes over a million specimens annually

# Testimonials

**“Many women find DiagnosTechs test results shed insight into health complaints which have gone unanswered for years. The DiagnosTechs GI Health Panel has been an invaluable tool in my differential diagnoses of pelvic pain often identifying causes of irritable bowel symptoms... The Adrenal Stress Index and Female Hormone Panel have contributed greatly to the individualized care we provide women in the perimenopausal years.”**

- M.D. Board Certified  
OB-GYN  
Palo Alto, CA

**“Finally, we have in DiagnosTechs reliable, scientific, clinically useful, functional lab testing that I have found has immediate and significant application to patient care.”**

- M.D. Board Certified  
Internal Medicine  
Atlanta, GA



# Technology and Research



# Laboratory Technology

- MALDI-TOF MS (Matrix-Assisted Laser Desorption/Ionization Time-of-Flight Mass Spectrometry)
- GC-MS/MS (Gas Chromatography - Tandem Mass Spectrometry)
- ICP-MS/MS (Inductively Coupled Plasma Tandem Mass Spectrometer)
- LC-MS/MS (Liquid Chromatography - Triple Quadrupole Mass Spectrometer)
- Xantus and Hamilton Liquid Handling Systems
- PCR (Polymerase Chain Reaction)
- VITEK<sup>®</sup> 2 ID/AST
- Ova and Parasite Testing (O&P)



# Research and Development

- New test development
- Cutting-edge testing methods
- Commitment to providing the services you need for your patients - we would love to hear your feedback and ideas
- Evaluated and certified by:
  - American Association of Bioanalysts
  - American Proficiency Institute
  - Wisconsin State Laboratory of Hygiene
  - Washington State Department of Health
  - CLIA
  - The Joint Commission

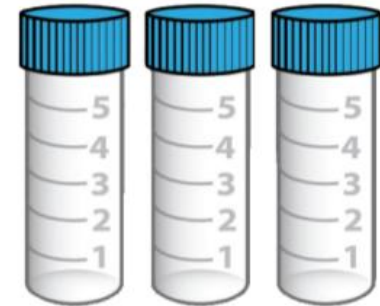


# Patient & Physician-Friendly Laboratory Testing



# Benefits of Non-Invasive Saliva Testing

- Directly assesses the free, bioavailable hormone level
- Non-invasive - no blood draw or discomfort required
- Painless, easy, and convenient
- Economical for repeat testing
- Patients collect samples at home and send them directly to DiagnosTechs Laboratory
- Screen for unintentional exposure to bioidentical hormones



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# Study Published in the *Journal of Clinical Oncology*

- **Breast Cancer Patients Unknowingly Dosing Themselves With Estrogen by Using Topical Moisturizers**
  - **Published by a group of oncologists in 2009**
  - “A 46-year-old woman with estrogen receptor-positive breast cancer presented to us with impressive “youth enhancing results” after 4 weeks of daily application of a commercially available skin moisturizer after bathing. We were concerned about the possible presence of estrogenically active substances in the cream, despite the absence of any mention in the ingredient list. A sample similar to the patient’s cream along with samples of other commercially available moisturizers that were obtained from department stores and pharmacies were sent for measurement of estradiol, estrone, and estriol.”

# Results

- “Levels of estradiol, estrone, and estriol were documented only above 0.05%. For reference, Estrace vaginal cream is 0.01% estradiol.”
- “Four samples contained more than 0.40% estriol, one contained 0.17% estriol, and one contained 0.05% estrone.”
- Research suggests that a 0.005% estriol cream is effective for the treatment of vaginal atrophy.
- Exposure to undisclosed bioidentical hormones in personal care products is a public health concern.

# Test Panels

# DiagnosTechs Test Panel Categories

- **Adrenal Hormone Assessment**
- **Sex Hormone Assessment**
  - Peri Menopause & Post Menopause
  - Cycling Female
  - Male Hormones
- **Metabolic Assessment**
  - Insulin Panel
  - Bone Health Panel
- **GI Health Assessment**
  - Gut Microbiome
  - Inflammatory Markers
  - Functional GI Testing
  - Food Sensitivities
- **Toxic Metals & Elements Test Panels**
- **Customizable Flexi-Matrix Test Panels**



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# Clinical Indications for Testing

- **Chronic Stress, Fatigue**

- Dysglycemia
- Insomnia
- Weight gain

- **Menopausal Symptoms**

- Hot flashes
- Vaginal dryness
- Weight gain

- **Menstrual Cycle Abnormalities**

- Infertility
- Irregular menstrual cycle
- Menorrhagia
- Migraines
- PCOS
- PMS symptoms

- **Andropause Symptoms**

- Fatigue
- Loss of muscle mass
- Erectile dysfunction

- **Multiple Body System Complaints**

- **Yeast Overgrowth Symptoms**

- Itching
- Sugar cravings
- Vaginal discharge

- **Bone Health Risk Factors**

- Corticosteroid Use
- Birth Control Use
- Family history of osteoporosis
- Post-menopausal women and early menopause
- Smoking history

- **GI Symptoms**

- Irritable bowel
- Abdominal bloating
- Constipation
- Diarrhea



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# Test Panels by Clinical Presentation

- **Fatigue, Chronic Stress, Insomnia**
  - Adrenal Stress Index
  - Expanded Adrenal Stress Index
- **Menopausal Symptoms**
  - Post Menopause Hormone Panel
  - Expanded Post Menopause Hormone Panel
  - Peri Menopause Hormone Panel
  - Expanded Peri Menopause Hormone Panel
- **Menstrual Cycle Abnormalities**
  - Cycling Female Hormone Panel
  - Expanded Cycling Female Hormone Panel
- **Andropause Symptoms**
  - Male Hormone Panel
  - Expanded Male Hormone Panel
- **Yeast Overgrowth Symptoms**
  - Yeast Panel
- **Bone Health Risk Factors**
  - Bone Health Panel
  - Toxic Metals and Elements Panels
- **GI Symptoms**
  - Regular GI Health Panel
  - Expanded GI Health Panel
  - Comprehensive Ova & Parasites Panel
  - Extended Comprehensive Ova & Parasites Panel
- **Multiple Body System Complaints**
  - Flexi-Matrix Panel
  - Food Panel (FP)
  - Toxic Metals and Elements Panels



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# Popular Test Panels

Adrenal Stress Index

Male Hormone Panel

Cycling Female Hormone Panels

Post Menopause Hormone Panels

Peri Menopause Hormone Panels

Bone Health Panel

Yeast Panel

GI Health Panels

Toxic Metals and Elements Panels

Custom Flexi-Matrix

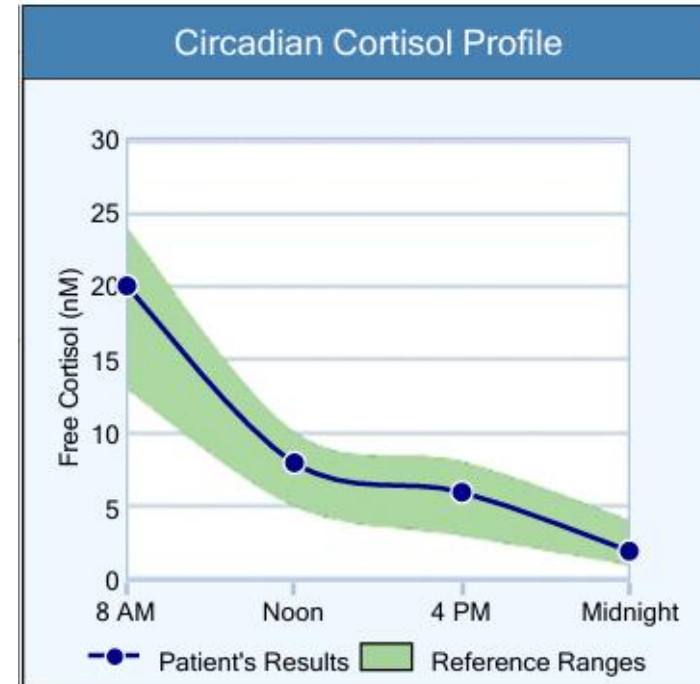


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# Adrenal Stress Index

- For patients with chronic stress, chronic infections, fatigue, weight gain, insulin resistance, or difficulty losing weight
- 5 Saliva Samples
- Tests included:
  - **Circadian Cortisol Rhythm**
    - Morning/Fasting Cortisol
    - Noon Cortisol
    - Afternoon Cortisol
    - Midnight/Bedtime Cortisol
  - **DHEA and DHEA-S**
  - **Insulin x 2** (fasting, non-fasting)
  - **17-OH Progesterone**
    - Cortisol Precursor
  - **Gluten (Gliadin) Ab, sIgA**
  - **Total Salivary sIgA**
    - Mucosal antibody that prevents pathogens and antigens from entering the body and causing illness & inflammation
    - Affected by stress and cortisol levels

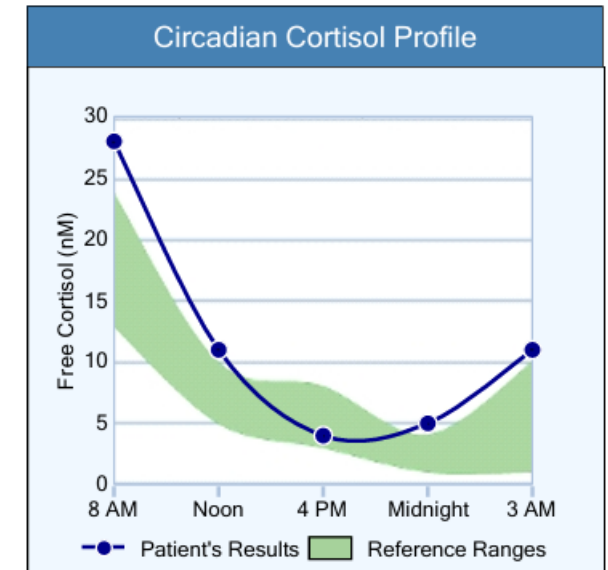


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# When to Select the Expanded Adrenal Stress Index

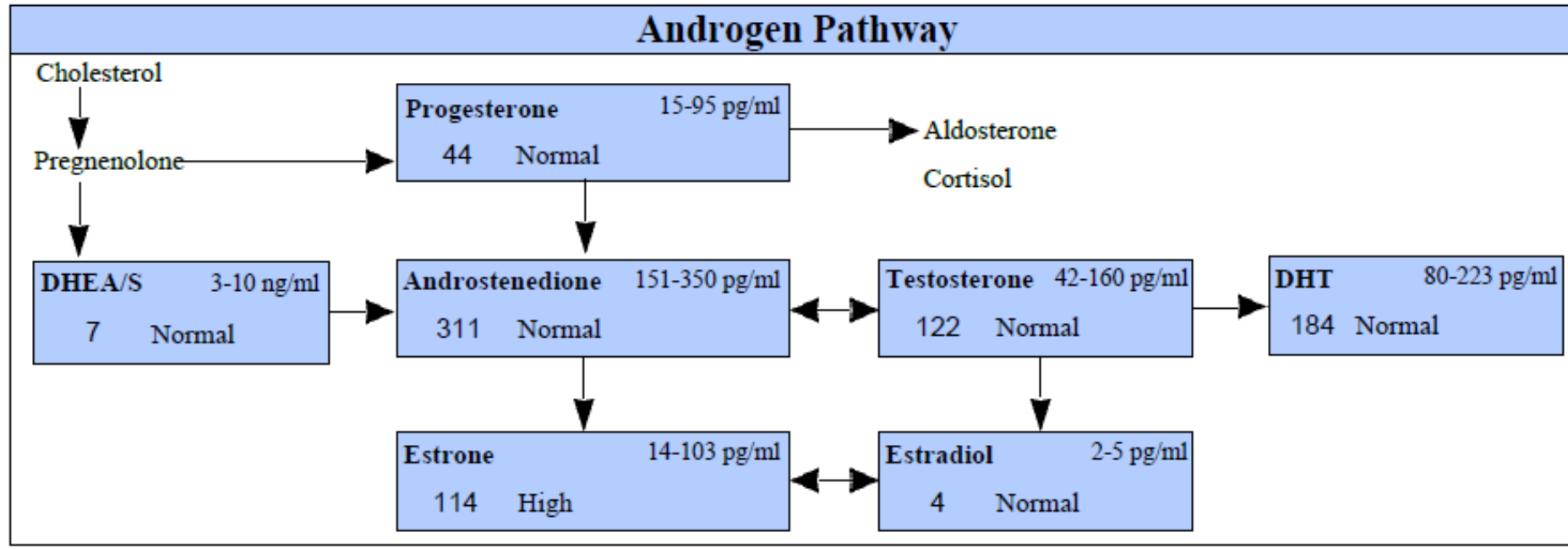
- The **Expanded Adrenal Stress Index** includes the **Post-Midnight** cortisol test and is indicated for patients with insomnia and health concerns associated with insomnia.
- 6 Saliva Samples
- Tests included:
  - **Expanded Circadian Cortisol Rhythm**
    - Morning/Fasting Cortisol
    - Noon Cortisol
    - Afternoon Cortisol
    - Midnight/Bedtime Cortisol
    - Post-Midnight Cortisol
  - **DHEA and DHEA-S**
  - **Insulin x 2** (fasting, non-fasting)
  - **17-OH Progesterone**
    - Cortisol Precursor
  - **Gluten (Gliadin) Ab, sIgA**
  - **Total Salivary sIgA**



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# Male Hormone Panels



The DiagnosTechs **Male Hormone Panels** evaluate salivary (free) testosterone levels and other hormones involved in male reproductive and sexual function to provide the clinical data you need to help patients optimize health & longevity.

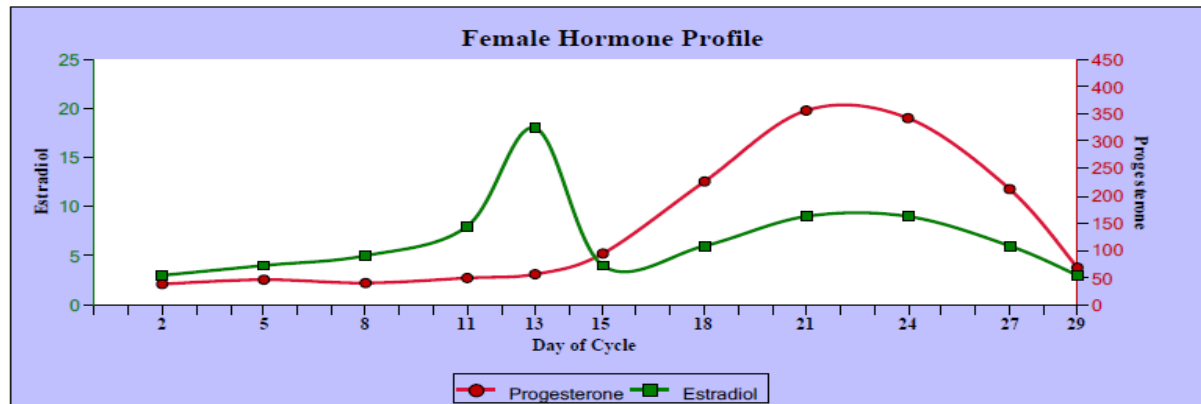
# Expanded Male Hormone Panel

- The **Expanded Male Hormone Panel** includes all saliva hormones in the Male Hormone Panel plus:
  - Follicle-Stimulating Hormone (FSH)
  - Luteinizing Hormone (LH)
- The gonadotropins FSH and LH are pituitary hormones that stimulate the production of sperm and sex hormones.
- FSH & LH testing helps determine:
  - The health of the whole HPG (Hypothalamic-Pituitary-Gonadal) Axis
  - Primary vs. secondary hypogonadism
  - Pituitary involvement in oligospermia, low testosterone, cardiovascular disease, bone loss, and cognitive concerns
  - Male fertility

# Cycling Female Hormone Panels

Day of Cycle	Day	2	5	8	11	13	15	18	21	24	27	29
<i>Estradiol</i>	pg/ml	3	4	5	8	18	4	6	9	9	6	3
<i>Progesterone</i>	pg/ml	38	46	40	49	56	94	226	356	342	212	68

<i>Cycle Information</i>	Start	2/21/2023	<i>Ranges</i>	<i>Phase</i>	<i>Estradiol</i>	<i>Progesterone</i>
	End	3/21/2023		Follicular	3-10 pg/ml	20 - 100 pg/ml
	Length	28		Preovulatory	5-25 pg/ml	
				Luteal	3-15 pg/ml	65 - 500 pg/ml

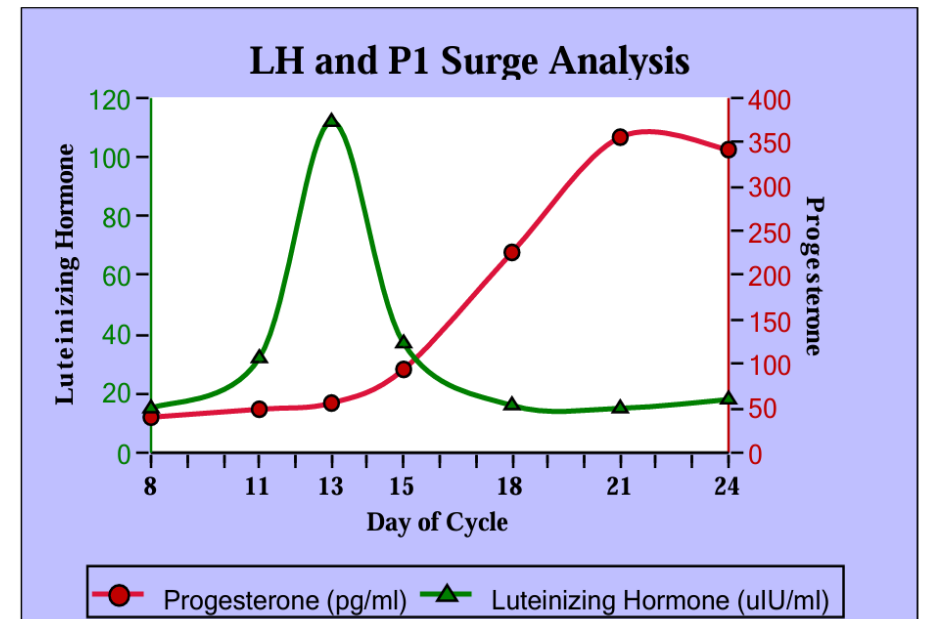


As the ideal test panel for patients with PMS, menstrual migraines, infertility, and more, the **Cycling Female Hormone Panels (FHP and eFHP)** evaluate salivary (free) estradiol, progesterone, DHEA, and testosterone levels during an entire menstrual cycle.

# Expanded Cycling Female Hormone Panel

- The **Expanded Cycling Female Hormone Panel** includes:
  - Follicle-Stimulating Hormone (FSH) x7
  - Luteinizing Hormone (LH) x7
- The gonadotropins FSH and LH are pituitary hormones that stimulate ovulation & the production of sex hormones.
- FSH & LH testing helps determine:
  - The health of the whole HPO (Hypothalamic-Pituitary-Ovarian) Axis
  - The timing of ovulation
  - Ovarian responsiveness and fertility
  - Primary vs. secondary hypogonadism
  - Pituitary involvement in disease
  - LH:FSH ratio

Day of cycle	8	11	13	15	18	21	24
<b>Progesterone</b>	40	49	56	94	226	356	342
<b>LH</b>	15	32	112	37	16	15	18



# Post Menopause Hormone Panels

- Provides a thorough one-day evaluation of free hormone levels.
- One Saliva Sample
- Tests Included:
  - **DHEA and DHEA-S**
  - **Testosterone**
  - **Estrone**
  - **Estradiol**
  - **Estriol**
  - **Progesterone**
  - **FSH & LH (Expanded)**
- Hormonal imbalances may lead to mood changes, weight concerns, insomnia, and other symptoms.
- Low estrogen levels may contribute to bone loss, vaginal dryness, and hot flashes.
- Low androgen levels (testosterone and DHEA) may lead to loss of muscle mass, energy, bone, and libido.



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# Peri Menopause Hormone Panels

- Ideal for those patients with unpredictable, irregular menstrual cycles.
- Assesses salivary (free) hormones on two different days for insight into fluctuating hormone levels and symptoms.
- 2 Saliva samples
- Tests included:
  - **DHEA and DHEA-S x 2**
  - **Testosterone x 2**
  - **Estrone x 2**
  - **Estradiol x 2**
  - **Estriol x 2**
  - **Progesterone x 2**
  - **FSH & LH (Expanded Version) x 2**

# Expanded Post & Peri Menopause Hormone Panels

- The Expanded Peri- and Post Menopause Hormone Panels include:
  - Follicle-Stimulating Hormone (FSH)
  - Luteinizing Hormone (LH)
- FSH & LH levels increase with diminished ovarian function, which can contribute to health concerns.
- FSH & LH testing helps determine:
  - The health of the whole HPO (Hypothalamic-Pituitary-Ovarian) Axis
  - Pituitary involvement in disease, including cardiovascular disease, bone loss, and cognitive concerns
  - The health of hormonal feedback loops
  - The cause of hormonal imbalances
  - Ovarian responsiveness
  - Menopausal status

# Bone Health Panel – Assess & Treat the Cause

- **Pyrilinks-D**
  - Bone-specific urinary resorption marker that assesses current bone loss. Can also be used to monitor the clinical response to a bone supportive treatment protocol.
- **DHEA & DHEA-S**
  - Low DHEA is associated with less osteoblast activity.
- **Estradiol**
  - Required for optimal bone mineral density (BMD) in men and women.
- **Progesterone**
  - Activates the mineralization of bone by osteoblasts. Low progesterone is associated with low BMD.
- **Testosterone**
  - Low testosterone is associated with higher numbers of osteoclasts and fewer osteoblasts.
- **Morning and Bedtime Cortisol**
  - High cortisol decreases osteoblast activity and increases osteoclast activity, leading to a net loss of BMD.
- **Follicle-Stimulating Hormone (FSH)**
  - Elevated FSH is associated with bone loss independent of estrogen status.

# Yeast Panel

Diagnose vaginal candidiasis, candidal stomatitis (thrush), candidal enteritis, and other yeast overgrowth conditions with the DiagnosTechs Yeast Panel.

## Tests included:

- Stool Culture for Yeast (CS1)
- Swab Culture for Yeast (CS3)

Code	Test Name	Result/Notes	Reference Values/Key
<b>CS8</b>	<b>Basic Yeast Panel</b>		
CS1	Stool culture for yeast	Candida albicans - heavy growth Candida parapsilosis - moderate growth	+1=Scant +2=Light +3=Moderate +4=Heavy
CS3	Swab culture for yeast	Candida albicans - heavy growth	+1=Scant +2=Light +3=Moderate +4=Heavy

# GI Health Panel

- Extensive analysis of gut health
- Three stool samples + one saliva sample
- Tests Included:
  - Stool culture for yeast
  - Ova and parasites x 2
  - Bacterial stool culture for enteric pathogens
  - *Campylobacter* antigen
  - Shiga toxin
  - *C. difficile* toxins A & B
  - *Giardia lamblia* antigen
  - *Cryptosporidium* antigen
  - Total intestinal sIgA
  - Lysozyme
  - Alpha 1-antichymotrypsin
  - Chymotrypsin
  - Fecal occult blood
  - *Entamoeba histolytica* Ab, sIgA
  - *Helicobacter pylori* Ab, IgG
  - Gluten (gliadin) Ab, sIgA



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# When to Select Expanded GI Health Panels

- The DiagnosTechs **Expanded GI Health Panels** offer a more comprehensive assessment to determine the underlying cause(s) of symptoms.
- **Expanded GI Panels** include these additional saliva tests:
  - + 3 Food Sensitivities
    - Milk (casein)
    - Soy (protein)
    - Egg (ovalbumin)
  - + 4 Parasite Screening Tests
    - *Toxoplasma gondii* sIgA
    - *Taenia solium* (Tapeworm) sIgA
    - *Ascaris lumbricoides* (Roundworm) sIgA
    - *Trichinella spiralis* sIgA
- Two add-on stool tests are also available:
  - Expanded Bacterial Stool Culture
  - Calprotectin



# Toxic Metals and Elements Panels

- The DiagnosTechs Toxic Metals and Elements Panels offer noninvasive salivary and urinary testing to measure up to 36 different analytes, including lead, mercury, arsenic, cadmium, antimony, and thallium.
- The Toxic Metals and Elements Panels are helpful for evaluating and treating patients who are experiencing the following unexplained health concerns:
  - Joint and musculoskeletal pain
  - Chronic fatigue
  - Hypertension
  - Metabolic disorders, including diabetes and insulin resistance
  - Abdominal pain, nausea, vomiting, or diarrhea (pathognomonic symptoms of acute metal exposure)
  - Anemia (a classic sign of chronic metal exposure)
  - Cognitive dysfunction, such as memory loss and “brain fog”
  - Neurodegenerative diseases
  - Heart abnormalities, such as cardiomyopathy
  - Nervous system symptoms (e.g. numbness, tingling of hands and feet, and weakness)
  - Infertility or miscarriage
  - Autoimmune disease
  - Renal disease
  - Liver disease

# Health Concerns Associated with Exposure to Toxic Metals

- **Acne**

- Cadmium
- Lead
- Lithium
- Mercury

- **Anemia**

- Aluminum
- Arsenic
- Cadmium
- Lead

- **Anxiety**

- Antimony
- Arsenic
- Cadmium
- Cobalt
- Lead
- Tungsten
- Uranium

- **Diabetes**

- Aluminum
- Antimony
- Arsenic
- Barium
- Cadmium
- Lead
- Mercury
- Molybdenum
- Nickel
- Tin
- Tungsten
- Uranium

- **Endometriosis**

- Arsenic
- Cadmium
- Copper
- Lead
- Mercury
- Nickel

- **Hair Loss**

- Arsenic
- Cadmium
- Cobalt
- Copper
- Lead
- Lithium
- Mercury
- Selenium Toxicity
- Thallium

- **Infertility**

- Arsenic
- Cadmium
- Copper
- Lead
- Mercury
- Nickel

- **Menstrual Disorders**

- Cadmium
- Lead
- Mercury

- **Metabolic Syndrome**

- Arsenic
- Cadmium
- Cesium
- Lead
- Mercury



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# Health Concerns Associated with Exposure to Toxic Metals Cont.

- **Miscarriage**
  - Arsenic
  - Cadmium
  - Lead
  - Mercury
- **Obesity**
  - Aluminum
  - Antimony
  - Barium
  - Cadmium
  - Cobalt
  - Lead
  - Manganese
  - Mercury
  - Thallium
  - Tin
- **Osteoarthritis**
  - Cadmium
  - Lead
  - Mercury
- **Overactive Bladder**
  - Antimony
  - Cadmium
  - Cobalt
  - Lead
  - Mercury
  - Uranium
- **PCOS**
  - Antimony
  - Arsenic
  - Barium
  - Cadmium
  - Lead
  - Mercury
  - Thallium
- **Pelvic Inflammatory Disease**
  - Cadmium
  - Lead
- **Sleep Disorders**
  - Aluminum
  - Antimony
  - Arsenic
  - Cadmium
  - Cesium
  - Lead
  - Manganese
  - Mercury
  - Uranium
- **Thyroid Disease**
  - Aluminum
  - Antimony
  - Arsenic
  - Cadmium
  - Chromium
  - Cobalt
- **Copper**
- **Lead**
- **Lithium**
- **Manganese**
- **Mercury**
- **Nickel**
- **Palladium**
- **Tin**
- **Uranium**
- **Uterine Fibroids**
  - Cadmium
  - Lead
  - Mercury



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# Flexi-Matrix Custom Panels

- À la carte testing - combine multiple test panels into ONE convenient test kit!
- 3 Test Kit Options:
  - Saliva only
  - Stool only
  - Combo - Saliva & Stool
- Good for customized follow-up testing
- Order as few as three tests or over 40 tests with one customizable test kit!
- Add the **Post-Midnight Cortisol (TAP5)** to receive an extra saliva vial for patients with insomnia
- Also, add the **Swab Culture for Yeast** to any Flexi-Matrix kit

# Provider Resources



# Educational Articles

DiagnosTechs test panels go beyond the standard of care, and we offer many educational resources and services to support you with test selection, result interpretation, treatment protocols, and more.

## News & Articles – Index

### 2026

- [Test Gut Microbiome Health via Stool Culture](#)
- [Asthma & The Gut Microbiome ~ The Gut-Lung Axis](#)
- [Bastyr University – Pathways to Success!](#)
- [Investigating Bioidentical Hormone Exposure](#)
- [Test & Optimize Saliva Progesterone Levels for Pain Management](#)
- [Test Your Levels Before a Heavy Metal Detox](#)

### 2025

- [Best Stool Test for Intestinal Parasites](#)
- [Ascaris lumbricoides \(Roundworms\) – Overview, Testing & Treatment](#)
- [Legacy Provider Portal Access Ends December 16th – Access the New Portal Today 🗝️](#)
- [Prevent & Treat Insulin Resistance with Magnesium](#)
- [Test for Insulin Resistance at Home](#)
- [Toxoplasmosis – Symptoms, Diagnosis & Treatment](#)
- [Saliva Hormone Testing & Unintentional Exposure to Bioidentical Hormones](#)

- [The Best Natural Anti-Aging Supplement ~ Ashwagandha](#)
- [Giardiasis \(Giardia lamblia\) – Symptoms, Diagnosis & Treatment](#)
- [Pinworm Infection \(Enterobiasis\) – Symptoms, Diagnosis & Treatment](#)
- [Back-to-School – Boost Immunity for the Cold & Flu Season](#)
- [Best Supplements for a Healthy & Active Summer](#)
- [Blastocystis hominis – Symptoms & Treatment Protocols](#)
- [Natural Treatment Options for Male Infertility](#)
- [The Toxic Effects of Lead Exposure on Bone Health](#)
- [Magnesium to Prevent & Treat Osteoarthritis \(OA\) Joint Pain](#)
- [Expanded Adrenal Stress Index for Insomnia – Now Available!](#)
- [Best Natural Supplements for Stress Management](#)
- [How Stress & Hormonal Imbalances Cause Hair Loss](#)
- [The Healthy & Anti-Inflammatory Mediterranean Diet](#)
- [Secretory IgA \(sIgA\) – The Power of Immune Exclusion for Seasonal Allergies](#)
- [Balance the Gut Microbiome to Prevent Cardiovascular Disease](#)
- [Hypertension? Test for Exposure to Toxic Heavy Metals](#)
- [Toxic Heavy Metals & the Hypothalamic-Pituitary-Adrenal \(HPA\) Axis](#)
- [The Effects of Toxic Heavy Metals on Testosterone Levels & Men’s Health](#)



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# Provider Portal Resources

- The DiagnosTechs Provider Portal offers an abundance of resources, including:
  - Online ordering and Account updates
  - Sample reports
  - Test panel brochures
  - Patient instructions
  - Completed test reports
  - Test & Fee Schedule
  - Book a Medical Support Consultation
  - Treatment Protocols

# Functional & Effective Treatment Protocols

Treatment considerations are available on the [Provider Tools](#) page:

Testing Guidelines	▼
Choosing the Right Test	▼
Toxic Metals and Elements	▲
Understanding Your TME Results (Updated and Expanded)	PDF
Toxic Metals - Patient Handout - National Association of Environmental Medicine	PDF
Clinical Relevance of Toxic Metals and Elements Results	PDF
Treatment Considerations for Elevated Levels of Toxic Metals	PDF
Provocation Protocols – Oral and IV Mobilization Testing	PDF
Toxic Metals and Elements – FAQ for Providers	PDF
Salivary Testing for Metals and Elements – Literature References	PDF

Adrenal Stress	▲
Adrenal Restoration	PDF
Diagnostic Considerations for Low Cortisol	PDF
Naturopathic Treatment Options to Address High Cortisol Levels	PDF
DHEA Supplementation - Females	PDF
DHEA Supplementation - Males	PDF
Cortisol and Licorice Supplementation	PDF
Adrenal Stress Index Panel Overview - Webinar Notes	PDF
Chronic Stress - The Physical and Emotional Tolls	PDF
Insulin Resistance	▼
Mucosal Immunity	▼

# Medical Support Consultations

## Book Medical Support Consultation

Schedule a complimentary consultation with our Medical Support team using the calendar below.

## DiagnosTechs Medical Support

✓ SELECT A SERVICE

Medical Support Phone Consultation (30 min)

All times are Pacific Time, unless otherwise ... [Read more](#)

30 minutes

Medical Support Phone Consultation (60 min)

All times are Pacific Time, unless otherwise ... [Read more](#)

1 hour

The Medical Support Team offers one-on-one phone consultations to discuss test selection, test result interpretation, treatment protocol options, and more. To discuss patient results, providers need to be authorized on the account.

# Questions? We want to hear from you!

- **Client Services**

- Account questions
- 1 (800) 878-3787

- **Medical Support**

- Test or medical questions
- Schedule a consultation or send a message directly in your **Provider Portal**
- Email: [medsupport@diagnostechs.com](mailto:medsupport@diagnostechs.com)

- **Business Hours: 7:00 AM - 4:00 PM**  
(Pacific Time)

