Everyone needs:

Weight, height, BMI, BP

Comprehensive chemistry panel (includes glucose, creatinine))

Lipid panel with calculated or preferable directly measured LDL-C and non-HDL-C

Chemical urinalysis (with albumin)

Vitamin D (here or during option 1)

eGFR (worry if value is 60 -90 ml/min)

ALT and AST

Uric acid

**Option 1**

ApoB or NMR - derived LDL-P and HDL-P

Omega 3 Index (erythrocyte phospholipid FA) – not serum omega 3 levels

HgbA1c

hs-CRP

TSH

Lp(a)-mass and if positive a reflex to Lp-PLA2 and in future oxPL-apoB

Cystatin C with eGFR is a better renal marker than creatinine

**Option 2 (more thorough)** to includeOption 1 plus

Homocysteine with B12 and MTHFR reflex if homocysteine elevated

Sterol testing to further evaluate risk and especially to plan Rx ---

NT-proBNP (as a screening tool for long term CV risk) - or to diagnose HFpEF (HF with preserved ejection fraction)

**Option** for anyone with IFG, an HgbA1c >5.8 or a TG/HDL-C ratio > 3 (that ratio not to be used in African Americans), albuminuria, creatinemia or aminase elevations

Insulin level