



## CORTISOL (TOTAL)

### **About This Test**

Cortisol is a hormone released in response to stress and helps regulate metabolism, immune function, and blood pressure. Testing Cortisol levels help diagnose conditions like Cushing's syndrome or adrenal insufficiency.

This test may be ordered to evaluate symptoms like weight gain, fatigue, or high blood pressure, or to monitor treatment for adrenal gland disorders or stress-related conditions.

### **What Should I Do With My Results?**

It is always recommended that you meet with a doctor to determine what your laboratory test results mean to you. Your doctor will review all of your test results and, combined with your health history, will be able to provide an accurate picture of your health status.

High levels of cortisol in blood may indicate stress, Cushing's syndrome, or adrenal gland disorders, leading to symptoms like weight gain, fatigue, or high blood pressure.

Low cortisol levels in blood may indicate conditions like Addison's disease or adrenal insufficiency, leading to symptoms such as fatigue, weight loss, and muscle weakness.

### **How Do I Obtain My Results?**

Results are available through our online patient portal, My Labs Now<sup>SM</sup>. Visit [www.compunetlab.com](http://www.compunetlab.com) to sign in or setup an account. Or text MYLABS to 66349. Follow The signup link in the text message you receive. Please be sure your name exactly matches the name on your lab test order. Contact [help@luminatehealth.com](mailto:help@luminatehealth.com) if you need assistance. CompuNet is unable to provide verbal results to patients.

### **I Do Not Have a Regular Doctor. Where Can I Find One?**

If you do not have a doctor, we recommend the following resources to locate one:

**Premier Health Find a Doctor**  
(937) 684-4155 or 1-855-PREMIER  
[www.premierhealth.com/findadoc](http://www.premierhealth.com/findadoc)

**WebMD Care**  
[www.doctor.webmd.com](http://www.doctor.webmd.com)

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CompuNet DIRECT is direct access, preventative testing intended for education purposes. A CompuNet DIRECT lab test result is not a medical diagnosis and is not intended as a form of medical advice. Only a physician can interpret lab test results and diagnose a medical condition or disease.

Because tests have not been ordered by a physician, third-party entities, including Medicare and Medicaid, will not reimburse for these tests.