Beyond Fertility Blood Panels

Beyond offers advanced bloodwork for women and men as part of our fertility workup. You can read about the details of our core panels we recommend as a starting place for everyone on their fertility journey, and optional “add-on” panels that your clinician may recommend to you based on your specific health history and goals. Tap the links below to learn more about the individual markers in each panel and pricing.

Female Blood Panels

- Core panel
- [Add on] Metabolic panel
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Male Blood Panels

- Core Panel
- [Add on] Metabolic panel
- [Add on] Pre-IVF panel (Minnesota)
- [Add on] Pre-IVF panel (California)

Female core panel - $149

Beyond's female core blood panel, included in every diagnostic package, provides a comprehensive picture of your fertility that goes beyond AMH. We look at biomarkers across three categories—hormone regulation, thyroid regulation, and blood & nutrition—to help you understand how these whole health biomarkers connect to your fertility.

Female hormone regulation

Marker	What this measures
Anti-Müllerian Hormone (AMH)	AMH is the most reliable blood marker for ovarian reserve — a measure of your egg supply, not egg quality. It's most informative if IVF is on the table, since it predicts how your ovaries respond to the hormone injections used to retrieve eggs.
Follicle-Stimulating Hormone (FSH)	FSH is released by your pituitary gland to signal your ovaries to develop eggs. Your clinician uses FSH alongside AMH and AFC to get a complete picture of your ovarian reserve.
Estradiol	Estradiol is your primary estrogen and plays a central role in regulating your cycle. Measured early in your cycle, it confirms your ovaries are at a resting baseline — an unusually high reading can suppress FSH, making other hormone results harder to interpret accurately. Your clinician reads this alongside FSH and AMH — together, they give a more accurate read on your ovarian reserve.
Luteinizing Hormone	LH is the surge that triggers ovulation each cycle. When it's out of balance with FSH, it can point to conditions like PMOS or show that the signal from the brain isn't reaching the ovaries, both of which change the treatment approach.

Female thyroid regulation

Marker	What this measures
Thyroid-Stimulating Hormone (TSH)	TSH (thyroid-stimulating hormone) measures thyroid function, which directly affects ovulation and pregnancy. Your clinician uses this alongside Free T4 to get a complete picture.
Free Thyroxine (Free T4)	Free T4 is the active thyroid hormone your body uses to regulate metabolism — and the clearest signal of whether your thyroid is producing enough to support healthy ovulation and pregnancy. It works alongside TSH, which measures how hard your brain is signaling your thyroid to produce it. Your clinician reads these two together alongside TPO and

Marker	What this measures
	thyroglobulin antibodies to help get a complete picture of your thyroid function.
Thyroid Peroxidase Antibodies (TPO)	TPO antibodies appear when your immune system targets your thyroid gland. Even when TSH looks normal, elevated TPO antibodies are associated with increased miscarriage risk. Your clinician uses this to assess whether an underlying autoimmune condition may be affecting your thyroid and to determine whether closer monitoring or treatment is needed.
Thyroglobulin Antibodies	Thyroglobulin antibodies are another marker of autoimmune thyroid activity. Some test positive for these but not TPO antibodies — and vice versa — so your clinician tests both to get a complete picture. Elevated levels are associated with increased miscarriage risk and help determine whether closer monitoring or treatment is needed.

Female blood and nutrition

Marker	What this measures
Complete Blood Count (CBC)	A complete blood count with differential evaluates red blood cells, hemoglobin, hematocrit, platelets, and red blood cell indices, along with white blood cells including neutrophils, lymphocytes, monocytes, eosinophils, and basophils. Although it does not directly measure fertility, it can identify anemia, infection, inflammation, immune-system changes, or clotting concerns that may affect overall health before conception and during pregnancy.
Ferritin	Ferritin measures your stored iron. Adequate iron stores directly support ovulation and become even more critical during pregnancy as blood volume increases substantially. Beyond uses a stricter fertility threshold than standard labs; ferritin below 40 is associated with significantly reduced ovulation rates, even when a standard result looks normal. Supplementation is safe and can meaningfully improve outcomes when stores are low.
Vitamin D	Vitamin D supports hormone production and ovarian function. Low levels are associated with reduced pregnancy rates, more severe PMOS symptoms, and a higher risk of complications during pregnancy. Beyond uses a stricter fertility threshold than standard labs. When levels are low, supplementation is safe and effective.

Female optional add-on panels

The following panels may be recommended as clinically appropriate based on your intake and initial consultation.

Female metabolic panel - $60

Marker	What this measures
Comprehensive Metabolic Panel (CMP)	Comprehensive metabolic panel: Fourteen markers (Glucose, Calcium, Sodium, Potassium, Chloride, Carbon Dioxide (Bicarbonate), BUN (Blood Urea Nitrogen), Creatinine, Albumin, Total Protein, ALP (Alkaline Phosphatase), ALT (Alanine Transaminase), AST (Aspartate Aminotransferase), Bilirubin) that show how your body is processing energy and clearing waste, including blood sugar, kidney and liver function, and electrolyte balance. Blood sugar in particular is closely tied to ovulation, and liver and kidney results tell us whether fertility medications will be safe and effective for you.
Hemoglobin A1c (HbA1c)	HbA1c reflects your average blood sugar over the past 2–3 months — the most reliable marker for prediabetes and diabetes. Elevated blood sugar affects egg quality and can interfere with implantation, making this one of the more direct metabolic connections to fertility outcomes. Dietary changes, lifestyle modifications, and medications like Metformin and GLP-1s can meaningfully improve this number.
Fasting Insulin	Fasting insulin shows how hard your body is working to keep blood sugar stable. Elevated levels — sometimes called insulin resistance — signal your ovaries to produce more androgens, which can prevent eggs from maturing and releasing. This is a primary driver of ovulation problems in PMOS and increases the risk of gestational diabetes during pregnancy. Lifestyle changes and medications like Metformin and GLP-1s can meaningfully improve insulin resistance.
Triglycerides	Triglycerides are a type of fat in your blood. Elevated levels are closely linked to insulin resistance and metabolic imbalances like PMOS, which can interfere with ovulation. Triglycerides often improve quickly with dietary changes and medications like Metformin and GLP-1s.
Total Cholesterol	Total cholesterol measures the overall level of cholesterol in your blood, combining LDL, HDL, and other lipid fractions. Abnormal levels often travel alongside insulin resistance and metabolic imbalances like PMOS. Your clinician reads this as part of the broader metabolic picture alongside your other lipid markers.
HDL Cholesterol	HDL is your “good” cholesterol and helps clear excess “bad” cholesterol from your bloodstream. Higher levels are protective. Low HDL is commonly seen with insulin resistance and metabolic imbalances like PMOS — both of which can interfere with ovulation and hormone balance.

Marker	What this measures
LDL Cholesterol	LDL is your “bad” cholesterol — the type most associated with cardiovascular risk. Elevated levels are commonly seen alongside insulin resistance and metabolic imbalances like PMOS, both of which can interfere with ovulation and egg quality.
Cholesterol-to-HDL Ratio	The cholesterol/HDL ratio compares your total cholesterol to your HDL — a useful way to assess cardiovascular and metabolic risk as part of the broader picture.
Non-HDL Cholesterol	Non-HDL cholesterol measures all cholesterol in your blood except HDL. It gives a broader picture of cardiovascular risk than LDL alone and is another useful marker for metabolic health.

Female PMOS panel - $70

Includes everything in the Metabolic Panel as well as the following markers:

Marker	What this measures
Total Testosterone	Total testosterone measures the overall level of testosterone in your body. Small amounts are normal; elevated levels can interfere with ovulation and are one of the key diagnostic markers for PMOS. High testosterone can also show up as acne, excess hair growth, or hair thinning. Your clinician uses this alongside free testosterone and other androgen markers to understand your full hormonal picture and whether treatment to lower androgen levels is recommended.
Free Testosterone	Free testosterone is the biologically active portion of testosterone in your body. It can be elevated even when total testosterone looks normal, making it a more sensitive marker for androgen excess. Your clinician uses this alongside total testosterone to catch subtle hormonal imbalances that can interfere with ovulation.
DHEA-Sulfate (DHEA-S)	DHEA-S is an androgen produced by your adrenal glands. When elevated, it signals that your adrenal glands — rather than your ovaries — are the source of excess androgens. Your clinician uses this to pinpoint the source, which shapes the treatment approach.
17-Hydroxyprogesterone (17-OHP)	17-OHP (17-hydroxyprogesterone) is a hormone produced by your adrenal glands. Elevated levels can indicate a genetic condition that causes the adrenal glands to overproduce androgens, which can affect ovulation in the same way hormonal imbalances like PMOS do. Your clinician uses this to identify the root cause, which shapes the treatment approach.
Androstenedione	Androstenedione is a hormone your body uses to produce testosterone. When elevated, it can indicate that excess androgen production is affecting cycle regularity and ovulation. Your clinician reads this alongside your other androgen markers for the full hormonal picture.

Marker	What this measures
Prolactin	Prolactin is the hormone responsible for breast milk production. Outside of pregnancy and breastfeeding, elevated levels suppress ovulation by interfering with the hormonal signals that trigger egg release. Mild elevations are often caused by stress, medications, or thyroid issues and respond well to treatment.

Female preconception panel - $80

Marker	What this measures
Rubella Immunity	Rubella during pregnancy can cause serious birth defects. This test checks whether you're immune — from vaccination or past infection. If you're not, vaccination before conception is recommended before conceiving naturally or with treatment like IVF, with a one-month wait before trying.
Varicella Immunity	Chickenpox during pregnancy can cause complications for both you and the baby. This test checks whether you're immune — from vaccination or past infection. If you're not, vaccination before conception is recommended before conceiving naturally or with treatment like IVF, with a one-month wait before trying.
Rh Type	Your Rh factor, positive or negative. If Rh-negative, a preventive injection during pregnancy protects the baby from potential complications.
ABO Blood Group	Your blood type — A, B, AB, or O — is documented as part of standard pregnancy safety planning. In the rare event of significant bleeding during pregnancy or delivery, knowing your blood type ensures compatible blood is available quickly.
Red Blood Cell Antibody Screen	An antibody screen checks for unexpected proteins in your blood that could cross the placenta and affect a baby's red blood cells. It's a standard part of pre-pregnancy screening — most results are negative, and if something is found, your clinician will factor it into your pregnancy plan.

Female Sexually Transmitted Infection (STI) panel - $45

Marker	What this measures
HIV	HIV screening is a standard part of pre-conception and pre-IVF testing. Modern treatment effectively prevents transmission to the baby, and fertility treatment is possible with proper management.
Syphilis	Untreated syphilis during pregnancy can cause serious complications for the baby. It's fully curable with antibiotics, so screening early means it can be treated well before conception.

Marker	What this measures
Chlamydia	Chlamydia is a common sexually transmitted infection that often causes no symptoms, so screening is the only way to catch it. Left untreated it can cause scarring in the fallopian tubes and interfere with sperm transport, which is why we test before treatment begins. It's curable with a short course of antibiotics.
Gonorrhea	Gonorrhea is a common sexually transmitted infection that often causes no symptoms, but can lead to inflammation and scarring in the reproductive tract if untreated. It's also easily passed to a baby during delivery. Treatment is straightforward with antibiotics, and screening now means it's resolved well before conception.

Female pre-IVF panel - $40

Marker	What this measures
HIV	HIV screening is a standard part of pre-conception and pre-IVF testing. Modern treatment effectively prevents transmission to the baby, and fertility treatment is possible with proper management.
Syphilis	Untreated syphilis during pregnancy can cause serious complications for the baby. It's fully curable with antibiotics, so screening early means it can be treated well before conception.
Hepatitis B Surface Antigen	Hepatitis B is a viral infection that can be transmitted during pregnancy. Screening identifies carriers so monitoring can be put in place and the baby can receive appropriate vaccination at birth.
Hepatitis C Antibody	Hepatitis C is a viral infection that can affect pregnancy outcomes. Screening allows for treatment planning before conception. Effective treatment options are available if positive.

Male optional add-on panels

The following panels may be recommended as clinically appropriate based on your intake and initial consultation.

Male core panel - $70

Marker	What this measures
17-Hydroxyprogesterone	17-hydroxyprogesterone is a hormone produced by your adrenal glands. Elevated levels can indicate a genetic condition that causes the adrenal glands to overproduce androgens, which can suppress the hormonal signals needed for sperm production. We test this because identifying the root cause shapes the treatment approach
Follicle Stimulating Hormone	FSH stimulates the testicles to produce sperm. When FSH is elevated, it usually means the testicles aren't responding well and the brain is compensating by sending a stronger signal. We read this alongside your semen analysis for the full picture.
Luteinizing Hormone	LH signals your testicles to produce testosterone. If LH is abnormal alongside low testosterone, it helps us pinpoint whether the issue originates in the brain or the testicles, which shapes the treatment approach.
Estradiol	A form of estrogen that men convert from testosterone. The balance between the two matters more than either number alone. When estradiol runs high relative to testosterone, it can suppress the brain's signal to the testicles and lower sperm production, which points us toward a specific treatment path.
Prolactin	Elevated prolactin in men suppresses both testosterone production and sperm development. It responds well to medication. If levels are significantly elevated, we may recommend further imaging to understand the cause.
Total Testosterone	Testosterone is essential for sperm production and overall reproductive function. Knowing your testosterone level helps us understand the hormonal environment supporting your fertility and whether there is room to optimize it.

Male metabolic panel - $60

Marker	What this measures
Comprehensive Metabolic Panel (CMP)	Comprehensive metabolic panel: Fourteen markers (Glucose, Calcium, Sodium, Potassium, Chloride, Carbon Dioxide (Bicarbonate), BUN (Blood Urea Nitrogen), Creatinine, Albumin, Total Protein, ALP (Alkaline Phosphatase), ALT (Alanine Transaminase), AST (Aspartate Aminotransferase), Bilirubin) that show how your body is processing energy

Marker	What this measures
	and clearing waste, from blood sugar to kidney and liver function. Sperm production is sensitive to metabolic health, so problems that show up here often explain results elsewhere on your panel and give us something concrete to work on.
Fasting Insulin	High fasting insulin indicates insulin resistance, which suppresses testosterone and can impair sperm quality. Lifestyle changes and medication can meaningfully improve insulin sensitivity and reproductive outcomes.
Hemoglobin A1c (HbA1c)	Elevated blood sugar damages sperm DNA and lowers testosterone. Prediabetes and diabetes are increasingly common contributors to male infertility. If elevated, dietary changes and medication can improve both blood sugar and sperm quality.
Total Cholesterol	Total cholesterol measures the overall level of cholesterol in your blood. We look at this as part of the broader metabolic picture alongside LDL, HDL, and triglycerides.
LDL Cholesterol	"Bad" cholesterol. Elevated LDL is part of the metabolic syndrome picture commonly seen with insulin resistance.
HDL Cholesterol	Good cholesterol. Higher is protective. Low HDL is common with insulin resistance and metabolic syndrome.
Triglycerides	A type of fat in your blood. Elevated triglycerides are linked to insulin resistance and metabolic syndrome.
Cholesterol to HDL Ratio	Compares total cholesterol to HDL. Part of your standard lipid assessment.
Non-HDL Cholesterol	All cholesterol minus HDL. Another way to assess cardiovascular risk.

Male pre-IVF panel (Minnesota) - $35

Marker	What this measures
HIV	HIV screening is standard before conception and fertility treatment. Modern treatment effectively prevents transmission, and fertility treatment is possible with proper management if positive.
Syphilis	Syphilis is a bacterial infection that can cause serious complications if untreated during pregnancy. It is fully curable with antibiotics, so screening early means it can be treated well before conception.
Hepatitis B Surface Antigen	Hepatitis B is a viral infection that can be transmitted during pregnancy. Screening identifies carriers so monitoring can be put in place and the baby can receive appropriate vaccination at birth.

Marker	What this measures
Hepatitis C Antibody	Hepatitis C is a viral infection that can affect pregnancy outcomes. Screening allows for treatment planning before conception. Effective treatment options are available if positive.

Male pre-IVF panel (California) - $200

Marker	What this measures
HIV	HIV screening is standard before conception and fertility treatment. Modern treatment effectively prevents transmission, and fertility treatment is possible with proper management if positive.
Syphilis	Syphilis is a bacterial infection that can cause serious complications if untreated during pregnancy. It is fully curable with antibiotics, so screening early means it can be treated well before conception.
Hepatitis B Surface Antigen	Hepatitis B is a viral infection that can be transmitted during pregnancy. Screening identifies carriers so monitoring can be put in place and the baby can receive appropriate vaccination at birth.
Hepatitis C Antibody	Hepatitis C is a viral infection that can affect pregnancy outcomes. Screening allows for treatment planning before conception. Effective treatment options are available if positive.
Human T-Lymphotropic Virus (HTLV)	A virus carried in white blood cells that can pass through semen or from mother to baby during birth or breastfeeding. California law requires a non-reactive result before sperm, eggs, or embryos can be stored or transferred, so this test is a standard step before treatment begins. Most people who carry it never develop symptoms, and a reactive result doesn't rule out IVF, it changes the lab and consent protocols your clinic follows.