

DAISY

Determinants of Insulin Sensitivity by Age, Sex, Race/Ethnicity, BMI, and PCOS Diagnosis

A research study to better understand how insulin levels vary across people—and what that means for metabolic health.



Be part of the research driving the future of women's metabolic health.

WHO CAN PARTICIPATE?



Age

18 years or older



Sex

All genders welcome



Race/Ethnicity

Participants from all races and ethnicities



BMI

All body mass index (BMI) ranges





PCOS Diagnosis


Both those with and without a PCOS diagnosis



You may be eligible if you've had the following labs within the last month or used an Insara Insulin Testing Kit:

 Fasting Insulin

 A1c

 Lipid Panel

 Triglycerides

HOW PARTICIPATION WORKS



1 Share Your Data

We securely collect your lab results (Fasting Insulin, A1c, Lipids, Triglycerides).



2 Complete a Survey

Tell us about your health history and lifestyle behaviors.



3 Your Data is Private

Your information is anonymized and secure. Your identity is never shared.



4 Drive Real Change

Your anonymous data helps us uncover insights that can improve care for all.



WHY IT MATTERS

Insulin resistance can look different in everyone. By understanding how it varies by age, sex, race/ethnicity, BMI, and PCOS status, we can improve early detection, treatment, and outcomes for metabolic health—especially in women.

 **insara**

Join our study by emailing us at research@insara.com



This study is conducted with the highest standards of privacy and security. All data is de-identified and used for research purposes only.