

Understanding Your FIB-4 Score: What it May Mean for Your Liver Health

Metabolic dysfunction-associated steatotic liver disease (MASLD) happens when excess fat builds up in the liver. Over time, MASLD may lead to liver damage in some people. Knowing your risk and working with your healthcare team can help protect your liver health.

How do you know if MASLD is affecting your liver?

The **Fibrosis-4 index score (FIB-4 score)** is used by your doctor to find out if you have an increased risk of liver scarring, if more tests are needed, or if you need a treatment plan to help keep your liver healthy.

Liver scarring is called fibrosis. Some people with MASLD develop fibrosis over time. Finding out about liver scarring early can help you and your healthcare team take steps to protect your liver.



What is the FIB-4 score based on?

Your doctor will find your FIB-4 score by looking at your age and two results from your regular blood tests:

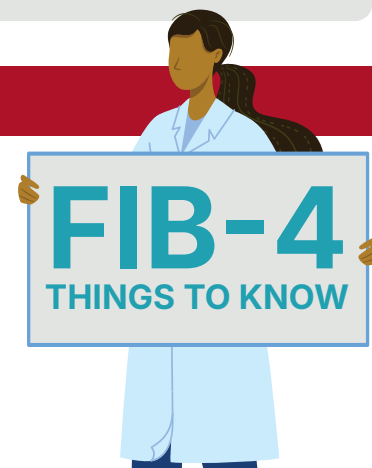
- ↑ Liver enzymes: high levels could be a sign of liver injury.
- ↓ Platelets: low levels may be associated with liver disease.

What your FIB-4 score means:

- <1.3** A score less than 1.3 usually means you have a low risk of liver scarring. In some cases, your doctor may order additional tests to be sure.
- ≥1.3** A score between 1.3 and 2.67 may mean your liver has elevated risk for mild to moderate scarring. Your doctor will likely repeat blood tests or add another liver test to find out if there actually is liver scarring.
- >2.67** A score higher than 2.67 means your liver is at risk for more significant scarring. More tests may be needed to be sure.

Important Things to Know:

- The FIB-4 score is a way to check your liver health—it doesn't diagnose liver disease. It can be less accurate for some people. Age (especially in older adults) and conditions like type 2 diabetes and obesity can effect liver enzymes and other lab tests in ways that are not related to liver scarring, which can throw off the score. Your doctor might ask for more tests, like taking a special picture of your liver using an ultrasound, or a liver stiffness test.
- Your doctor may also ask you to talk with a liver specialist who will work with you to make a treatment plan that will help keep your liver healthy.



What to Do Next:

Ask your doctor about your FIB-4 score and what steps you can take next. Together, you can discuss small, realistic steps such as making healthy changes to your eating plan or physical activity that fit your goals and support your liver health.

My FIB-4 score:

Date:

When to get another score: