

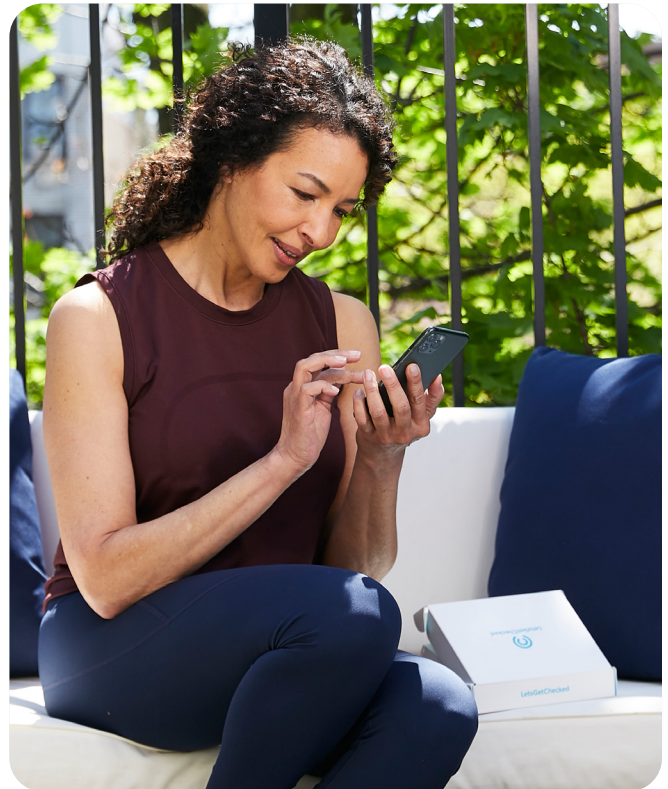
# Get ahead of your health with the power of genetics

Did you know your genes hold insights that can help you take better care of your health? The future of healthcare is here.

The myGeneticScreen test is available to everyone enrolled in the health plan 18 years or older (employee, spouse/domestic partner, children). Testing is available at no additional cost to you. It looks for three inherited conditions that may increase your risk of certain diseases:

- **Hereditary breast and ovarian cancer syndrome** (Increases the risk of breast, ovarian, and other cancers)
- **Lynch syndrome** (Increases the risk of colon, endometrial, and other cancers)
- **Familial hypercholesterolemia** (Impacts unhealthy cholesterol levels and may increase the risk of heart disease)

If you have a significant personal or family history of these three conditions, this test may not be suitable for you\*.



## Why do we screen for these conditions?

- The Centers for Disease Control and Prevention (CDC) have classified them as Tier 1 conditions.
- Early detection can be an important step in the treatment process.
- There are also effective interventions that can help prevent these diseases or reduce the severity of them<sup>1</sup>.
- Less than 2% of people have these genetic conditions<sup>2</sup>. However, up to 90% of those people are not identified before genetic testing<sup>3</sup>!

Order your test today here: [letsgetchecked.link/fc](https://letsgetchecked.link/fc)

1. National Academy of Medicine. A Proposed Approach for Implementing Genomics-Based Screening Programs for Healthy Adults. Online [nam.edu](https://nam.edu)  
2. National Library of Medicine. Implementing genomic screening in diverse populations. Online: [pubmed.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov)  
3. Nature Medicine. Population genetic screening efficiently identifies carriers of autosomal dominant diseases. Online [nature.com](https://nature.com)

# Your DNA can help predict future health issues.

This test can empower you and your healthcare provider to make more informed decisions about your healthcare and is available at no additional cost to you.



## Follow these 4 steps:



### Step 1:

Order your at-home sample collection kit



### Step 2:

Collect and return your saliva sample



### Step 3:

Receive a secure lab report with your results



### Step 4:

Speak to a genetic counselor for support



## Your results remain private

Your genetic screening results will not be sent to your employer or health plan. They will be kept private and secure in line with applicable laws.

## Genetic counseling

Have questions? Talk to a trained genetic counselor who can help you better understand this test and if it's right for you. Learn more about genetic counseling here:

[letsgetchecked.link/genetic-counseling](https://letsgetchecked.link/genetic-counseling)



**Not sure if this is for you?** Scan this code to read our FAQs and articles on the myGeneticScreen Knowledge Hub

\*The myGeneticScreen test is for people who do not have a significant personal or family history of these three conditions ("average risk"). People with a significant personal or family history of one of these conditions ("high risk") should work with their healthcare provider to obtain more appropriate testing. In high-risk individuals, this test may miss a disease-causing genetic variant. If you have ever received a stem cell, liver, or bone marrow transplant, this test is not suitable. For patients undergoing chemotherapy, please wait at least 4 months to test. Please wait at least 6 weeks after a blood transfusion before testing. To learn more, visit the myGeneticScreen Knowledge Hub FAQs: <https://letsgetchecked.link/mgs-hub>