



# Our Guided Genetic Health™ solution lights the way.

Guide your next steps with insight from genetic experts and quality lab work.

Learning about yourself and your environment is a powerful way to make positive changes in your life. That's why we offer genetic screening as part of the Aetna Enhanced Maternity Program™.

Through our Guided Genetic Health™ solution, we tell you everything from your genetic background to your overall health and well-being. And it's all done by a genetic expert at a quality lab using your personal and family history. Genetic testing has the potential to help you improve your health and make informed decisions with your provider to possibly prevent disease.

## Benefits

- Identifies inherited health risks and gives clinical results to help you make informed decisions with your provider to possibly prevent disease.
- Your information is confidential. It will never be shared with Aetna or your employer or sold.
- You get access to affordable clinical-grade genetic testing.

# Your genetic testing journey



## Family history

Take a brief survey about your personal or family history to find out if you will need further telephone consultation with a certified genetic counselor.



## Genetic counseling and education

If your survey results suggest an increased risk, you can schedule a phone appointment with a genetics expert. They're available during the day, evening and weekend. This consult takes you on a deep dive of your personal and family history, addresses your health concerns and explores your options.

If your survey results say you're at average risk, you can still access online education and proactive genetic test options.



## Genetic testing

If genetic testing is right for you, you'll get a kit with prepaid postage for saliva sample collection. Just collect your saliva sample and drop it in the mail. If you had a consultation by phone, your counselor will talk to you about your results and what they mean for you and your family.



## Medical recommendations

When you have genetic counseling over the phone, you'll get a summary of your risk assessment. You'll also get genetic test results, if applicable, and guidance on medical options based on your risks. If you didn't talk to a genetic counselor but chose proactive genetic testing, you will get a summary from the lab. In any case, you can share these reports with any health care providers you choose.

To start your journey, take the brief survey now.

**[aetna.com/genetichealth](https://aetna.com/genetichealth)**

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