



Supporting you with  
genetics expertise



Reproductive genetic counseling

Genetic information and knowledge is changing rapidly. Understanding your genetic testing choices can be complicated, so it is important to have a trusted source for gaining answers to your questions.

Our genetic counselors work with you and your health care provider to help you understand your genetic risks and testing options. You may meet with a genetic counselor when you are considering genetic testing, or to discuss the results of genetic testing.

### What is a genetic counselor?

A genetic counselor is a **health care professional** specifically trained in medical genetics and counseling who can help you understand if you have an increased chance of having a child with a birth defect or genetic disorder. Genetic counselors are **experts** at evaluating your **personal** medical and family history, identifying your genetic risks, and helping you understand the tests available to you.

At Integrated Genetics, we have a network of approximately 100 board-certified and state-licensed genetic counselors covering all 50 states and are invested in the health of you and your family. Our commitments to you are three-fold



**Connect.** We connect with you on an individual level to address your unique genetic concerns and the specific needs of you and your family



**Educate.** Our objective is to help educate you about your genetic risks and testing options and to answer any questions you may have



**Support.** We provide the guidance and support you need to feel empowered in your decision making and confident that the decision fits your family



Empowering  
your informed  
decision making

## What happens during a genetic counseling session?

Every consultation is different based on the individual needs or concerns of you and your family. In certain situations our genetic counselors will meet with you prior to genetic testing to help you understand your options.

If you have already received genetic testing, your health care provider may recommend genetic results counseling or a comprehensive genetic counseling session with Integrated Genetics to explain your test results and help you chart a course for how to use this knowledge. Our genetic counselors will guide and advocate for you as you navigate through potentially emotional or difficult information.

## Who should consider genetic counseling with Integrated Genetics?



### Individuals who may have reproductive concerns



A woman who will be 35 years or older when baby is born



Anyone with an abnormal genetic test result, positive screening, or abnormal ultrasound during pregnancy



Anyone with a family history of disease or condition (e.g. cystic fibrosis, spinal muscular atrophy), birth defects or intellectual disability that may run in the family



Couples with infertility thought to have a genetic cause, or two or more pregnancy losses

## Comprehensive genetic counseling\*

 APPOINTMENT METHOD	 CONSULTATION	 GENETIC TESTING	 COST
<p>Your health care provider may recommend a consultation with an Integrated Genetics genetic counselor in one of the following ways</p> <ol style="list-style-type: none"> <li>1. In-office session</li> <li>2. Telegenetic counseling through an audio and video connection, in the privacy of your own home</li> </ol> <p>It's fast and easy to schedule a genetic counseling appointment online at: <a href="http://www.integratedgenetics.com/genetic-counseling">www.integratedgenetics.com/genetic-counseling</a></p>	<p>Our genetic counselors will</p> <ol style="list-style-type: none"> <li>1. Review your personal medical history and take a detailed family history</li> <li>2. Complete a genetic risk assessment and explain any genetic risks identified</li> <li>3. Review relevant and appropriate testing options</li> <li>4. Answer any questions about your genetic risks and the benefits and limitations of testing</li> <li>5. Support your informed decision-making</li> </ol>	<p>We work with your health care team to help you understand your genetic testing options, the implications of test results, and any next steps. All tests discussed during the session are optional and all decisions about genetic testing are entirely up to you.</p>	<p>Integrated Genetics will bill your health plan for the cost of your session. Your health insurance information will be collected and a claim will be sent to your insurance company after the counseling session. Comprehensive genetic counseling is often covered by insurance, however, you will be responsible for any charges that your insurance company does not cover, which may include a co-pay or deductible.</p>

\* We offer translation services for individuals, as needed.

## Genetic results counseling\*\*

 CONTACT METHOD	 RESULTS CONSULTATION	 GENETIC TESTING	 COST
<p>You will receive your results from your health care provider who will ask you to schedule your appointment online at <a href="http://www.integratedgenetics.com/genetic-counseling">www.integratedgenetics.com/genetic-counseling</a>, or an Integrated Genetics genetic counselor will call you directly.</p>	<p>A genetic counselor will discuss what these results mean for you and any appropriate next steps.</p>	<p>You work with your health care provider to coordinate any follow-up testing that you choose.</p>	<p>Results counseling is included in the cost of your genetic test. No additional cost.</p>

\*\* For select tests including MaterniT, Inheritest, and testing for other inherited disorders, including: Fragile X syndrome, cystic fibrosis (CF) and spinal muscular atrophy (SMA).



Talk with your health care provider to see if genetic counseling is right for you. If your health care provider recommends genetic counseling, go to [www.integratedgenetics.com/genetic-counseling](http://www.integratedgenetics.com/genetic-counseling) to schedule your appointment, or call 855-GC-CALLS (855.422.2557) for more information.



## Online scheduling

If your health care provider recommends genetic counseling schedule an appointment time that is convenient for you at [www.integratedgenetics.com/genetic-counseling](http://www.integratedgenetics.com/genetic-counseling).



## Planning for your session

- Gather medical history information about your family members, including parents, siblings, aunts, uncles, grandparents and cousins. Ask family members about genetic conditions (e.g. cystic fibrosis, spinal muscular atrophy), birth defects and intellectual disabilities
- Collect records of any genetic testing you may have had in the past to bring with you
- You may want to include your reproductive partner in the genetic counseling appointment to allow your genetic counselor to review medical history from both sides of your family and discuss relevant testing



**Toll-free**  
(within the US)

**855.GC.CALLS**

(855.422.2557)

[www.integratedgenetics.com](http://www.integratedgenetics.com)

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