



Proactive Health Report, 78 Genes

UNDERSTANDING A POSITIVE GENETIC TEST RESULT

I received a positive result on my genetic test. What does it mean?

A positive result means that you have a genetic variant that increases your risk for developing disease. Within the DNA we examined, we found a genetic variant that is listed as “Likely Pathogenic” or “Pathogenic” for that specific gene. We recommend you follow-up with your healthcare provider.

Does a positive result mean that I will develop a disease?

No. A positive result means that you have an increased risk of developing a disease. We recommend you follow up with your healthcare provider.

What do I do next with a positive result?

You can work with your healthcare provider to develop an action plan to prevent or manage a condition that may be impacted by the genetic variant. Actions may include:

- Screening for diseases
- Guiding future family and life planning
- Informing family members who may also have an increased risk of disease
- Changing diet, lifestyle behavior, routine, and/or exercise
- Adding specialty doctors to support you

How does a positive result affect my family members?

Because genetic variants run in families, if your results are positive for a genetic variant, there is up to a 50% chance that one of your family members may also have it. Consider sharing this result with relatives as they may also have an increased risk of disease and may benefit from being tested.

What resources are available for me to learn more about my genetic results?

Genetic counseling is recommended when you receive a positive result. A genetic counselor can help you better understand your results.



Find a Genetic Counselor: www.findageneticcounselor.nsgc.org

This document does not replace the guidance of a medical professional and is used to provide additional support related to your genetic test results. We recommend that you discuss this information with your healthcare provider. As science and technology continue to advance, updates related to your genetic test may be available in the future.

This is a laboratory-developed test that was developed, and its performance characteristics were determined, by MyOme, Inc., a clinical laboratory certified under the Clinical Laboratory Improvement Amendments of 1988 (CLIA) to perform high complexity clinical laboratory testing. This test has not been cleared or approved by the U.S. Food and Drug Administration (FDA). The FDA has determined that such clearance or approval is not necessary for laboratory-developed tests.