

ACTIONABLE GENETIC INSIGHTS

Everyone's DNA holds valuable clues to their health. Invitae has found that 16.1% of healthy adults carry a serious health-related genetic risk.

Discovering the information within your DNA can help identify whether you have an inherited risk for developing a serious health condition—vital insights for you and your family. The Invitae Genetic Health Screen, Invitae Cancer Screen, and Invitae Cardio Screen unlock key pieces of this important personal health information.

This genetic test analyzes medically actionable genes—segments of your DNA associated with various inherited cancers, heart conditions, and other inherited disorders that could affect your health. If detected early, these disorders have effective medical interventions and preventive measures that you and your doctor can consider.

HOW IT WORKS

Step 1: Your order

- Discuss your decision to pursue testing with your doctor, so that he or she may order the test on your behalf.
- Your doctor may also recommend pre-test genetic counseling, which can help answer questions about your testing process and potential results.

Step 2: Your sample

- You will need to provide either a blood sample or a saliva sample.
 - If you choose to submit a saliva sample, your doctor can request that Invitae ship a saliva sample collection kit to your doctor's office or to your home.
 - If you choose to submit a blood sample, your doctor can arrange to have your blood drawn.
 - If you are located in the US or Canada, you can also request that Invitae arrange for your blood draw, either at your doctor's office or in your own home, at no additional charge. To request this service, contact Invitae's Client Services team at 800-436-3037, or clientservices@invitae.com.

Step 3: Your analysis

- Once the laboratory receives your sample, your DNA will be evaluated for the genes covered by the test.
- Each of these genes is associated with certain conditions that, if caught early, can be monitored and addressed by working with your doctor.

Step 4: Your results

- Your doctor will receive your test results within 10–21 days on average, in the form of a written report.
- This report will state if your DNA holds genetic changes associated with a significantly increased risk of developing certain conditions.
- If your report says that you have a “positive” result, this means that you may be at an increased genetic risk for a significant health concern.
 - In this case, you may wish to consider next steps with your doctor or pursue further evaluation with a specialist.
 - Working with your doctor, you can make informed medical decisions and implement prevention strategies to help reduce your risk.
 - You may also receive a result that indicates that you carry a genetic change that does not increase your own risk of developing a specific medical condition, but that may be passed within your family (also known as carrier status).
- If your report says that you have a “negative” result, this finding also holds valuable personal health information.
 - A negative result means that you do not have a clearly increased genetic risk for the conditions tested on this panel, based on current knowledge.
 - Even though you may not have a genetic risk for a disorder tested on this panel, you may still want to work with your doctor to develop a personal wellness plan based on reducing other types of risk.
 - Since many of the conditions covered by this genetic test are relatively rare, many people will receive a negative result.

Step 5: Post-test support

- If you receive a positive test result, your doctor may recommend post-test genetic counseling to help you and your family further understand your result.
- If you receive a negative result, your doctor may also consider post-test counseling if you have questions about your result, such as understanding differences between your DNA analysis and your family health history.
- A genetic counselor can also determine if your results could have implications for your biological relatives, and can help you develop a plan for sharing your results with them.

For more information about the Invitae Genetic Health Screen, Invitae Cancer Screen, and Invitae Cardio Screen, please visit www.invitae.com/proactive.