

## Discussion Guide: Talking with your provider about Variantyx test options for a rare condition

Although you may know genetic testing is important for you or your child, starting a conversation with a provider can be difficult. This short guide can help you prepare for discussions with your provider about genetic testing at Variantyx. The guide is separated into three sections: before, during, and after an appointment.

### Before Your Appointment

Before an appointment, it can be helpful to know why genetic testing could be helpful. This may mean gathering some information about you, your child, or your family. It may also mean being able to state the goal(s) of testing. Be prepared to discuss your answers to the questions below with your provider:

1. Why do you think your symptoms or your child's symptoms may be due to a genetic cause? Does it have to do with specific symptoms, a family history of a condition, or both?
2. Do you have a family history of the same or similar symptoms? If so, it can be helpful to find out more information about your family. You may want to bring notes about other blood-related family members with similar symptoms.
3. How do you think the testing results could help you or your child? Will testing results change treatments, medication choice, procedures, or give information about the future? Will testing results change how you feel about the symptoms?

4. Is there a reason you prefer to have testing done through Variantyx?

To ensure your conversation about genetic testing goes smoothly, you may also want to bring notes about your family history.

**Notes:**

---

---

---

---

---

**During Your Appointment**

During your appointment, your healthcare provider may bring up genetic testing or you may need to ask them about genetic testing. Be prepared to talk to your healthcare provider or your child's provider about your thoughts on genetic testing. Your discussion may include:

1. Your reasons for wanting a genetic test.
2. Your family history, if needed.
3. Why you think testing will be helpful.
4. Why you think testing with Variantyx is the best option.
5. A different healthcare provider to whom you can be referred if that provider is not able to order genetic testing.

**Notes:**

---

---

---

---

---

### After Your Appointment

There may be follow up tasks to do or questions that occur to you after your appointment.

1. If testing was ordered, a Variantyx Clinical Coordinator will contact you regarding next steps.
2. If testing was ordered and you have questions for us, including about billing and insurance, please contact our Clinical Coordination team directly at 617-209-2090.
3. If you have a referral to another provider, set up an appointment with them to continue your discussions about genetic testing.
4. If testing was not ordered and you did not get a referral, you can still learn more about genetic testing. One step is to talk to a genetic counselor. The National Society of Genetic Counselors has a Find A Genetic Counselor tool at [www.nsgc.org](http://www.nsgc.org).

**Notes:**

---

---

---

---

---