

Understanding Genetic Counseling: How Your hATTR Compass Genetic Counselor Can Help

What is Genetic Counseling?

Genetic counseling is the process of providing patients and their families with information and support surrounding the genetic testing process.

Who are Genetic Counselors?

Genetic counselors are board certified, specialized providers who have advanced medical training in both genetics and counseling to help patients and their families interpret their genetic testing results and make informed decisions about their genetic health.

How Can Genetic Counseling Help You and Your Family?

Genetic counselors provide educational and genetic interpretation services to patients and their families in addition to providing emotional support. A pre- and/or post-test genetic counseling sessions are provided at no-cost for patients in the hATTR Compass program.

Genetic counselors can help you and your family before getting a genetic test by:



- Talking through your goals
- Discussing any concerns you may have
- Helping you understand your genetic risks based on your family history
- Helping you decide if genetic testing is right for you and your family

Post-testing genetic counselors can help:



- Interpret your genetic testing results
- Plan your next steps for you and your family
- Answer any questions you may have
- Provide support and educational resources
- Help facilitate the conversation between you and your family to explain the implication of genetic testing results

How Much Does Genetic Counseling and Genetic Testing Cost?

Through the hATTR Compass Program, Akcea Therapeutics and Ambry Genetics have partnered to offer no-cost, confidential genetic testing and confidential genetic counseling to patients suspected of having or clinically diagnosed with hereditary transthyretin amyloidosis (hATTR).

Patients 18 years and older in the U.S., Canada and Puerto Rico who have a family history of hATTR amyloidosis or are experiencing symptoms of hATTR amyloidosis are eligible for genetic testing through the hATTR Compass program.

Can You Have Genetic Testing Without Seeing a Genetic Counselor?

It is not required to speak with a genetic counselor if you choose to undergo genetic testing through the hATTR Compass program, however it is highly recommended to help you get the most out of your genetic testing experience and know how to interpret complex genetic information. Genetic counselors are specifically focused on your needs and will advocate for you and your family's best interests, providing extra support that your doctor may not have the time to provide. Genetic counseling is done by phone or video, scheduled at a time that is convenient for you.



How Can You Get Connected with an hATTR Compass Genetic Counselor?

The hATTR Compass Genetic Testing Program is specifically designed to provide support and resources to patients throughout the genetic testing process and empower patients to make informed decisions about their health care. If you sign up to undergo genetic testing through the hATTR Compass program, you will also have the opportunity to speak with a genetic counselor two times through PWNHealth at no cost to you. It's common to use these services for pre- and post-test counseling sessions.

Reach out to your doctor who helped you sign up for the hATTR Compass program to help you get connected with a specialized hATTR Compass genetic counselor.

To learn more or participate in the hATTR Compass Program, visit www.hATTRCompass.com



Backpack Health

Through the hATTR Compass Genetic Testing program you also have access to Backpack Health, an app that helps individuals keep track of their health information, including their genetic testing results, so that it's portable, manageable, sharable and translatable. The tool is available to patients and their caregivers on their cell phone, laptop, desktop or tablet. hATTR Compass Genetic Testing Program provides complimentary access to Backpack Health to patients and their families.

To learn more, visit my.backpackhealth.com/join/hATTRCompass

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