



2

PREPARE



1

SCHEDULE



3

APPOINTMENT



4

TESTING?



5

REVIEW



6

What's Next?

FOLLOW UP

**YOUR EXPERIENCE** with a  
**GENETIC COUNSELOR**



Learn more about whether genetic counseling could benefit you and your family at [www.FindAGeneticCounselor.com](http://www.FindAGeneticCounselor.com).

National Society of  
Genetic  
Counselors



# Your Experience with a Genetic Counselor Schedule Your Appointment



You may be referred to see a genetic counselor or have made the decision to see one yourself. Your insurance plan may cover all or part of the cost.



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



# Your Experience with a Genetic Counselor

## Prepare for Your Visit

To make the most out of your appointment, think about these points:

- ✓ WHAT QUESTIONS DO I HAVE?
- ✓ PERSONAL MEDICAL HISTORY?
- ✓ FAMILY HISTORY?
- ✓ LIFESTYLE FACTORS?



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Your Experience with a Genetic Counselor

# Appointment with Your Genetic Counselor



What test results may or may not tell you and how results may be used



Review medical history and understand inherited risks

Family History

Test Options



Health care and support options to consider based on possible results



Identify testing options and decide whether to proceed



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Your Experience with a Genetic Counselor

# Proceed with Genetic Tests, if Necessary



Genetic testing involves analyzing a person's DNA, usually by taking a blood sample, though other sample collection options exist.



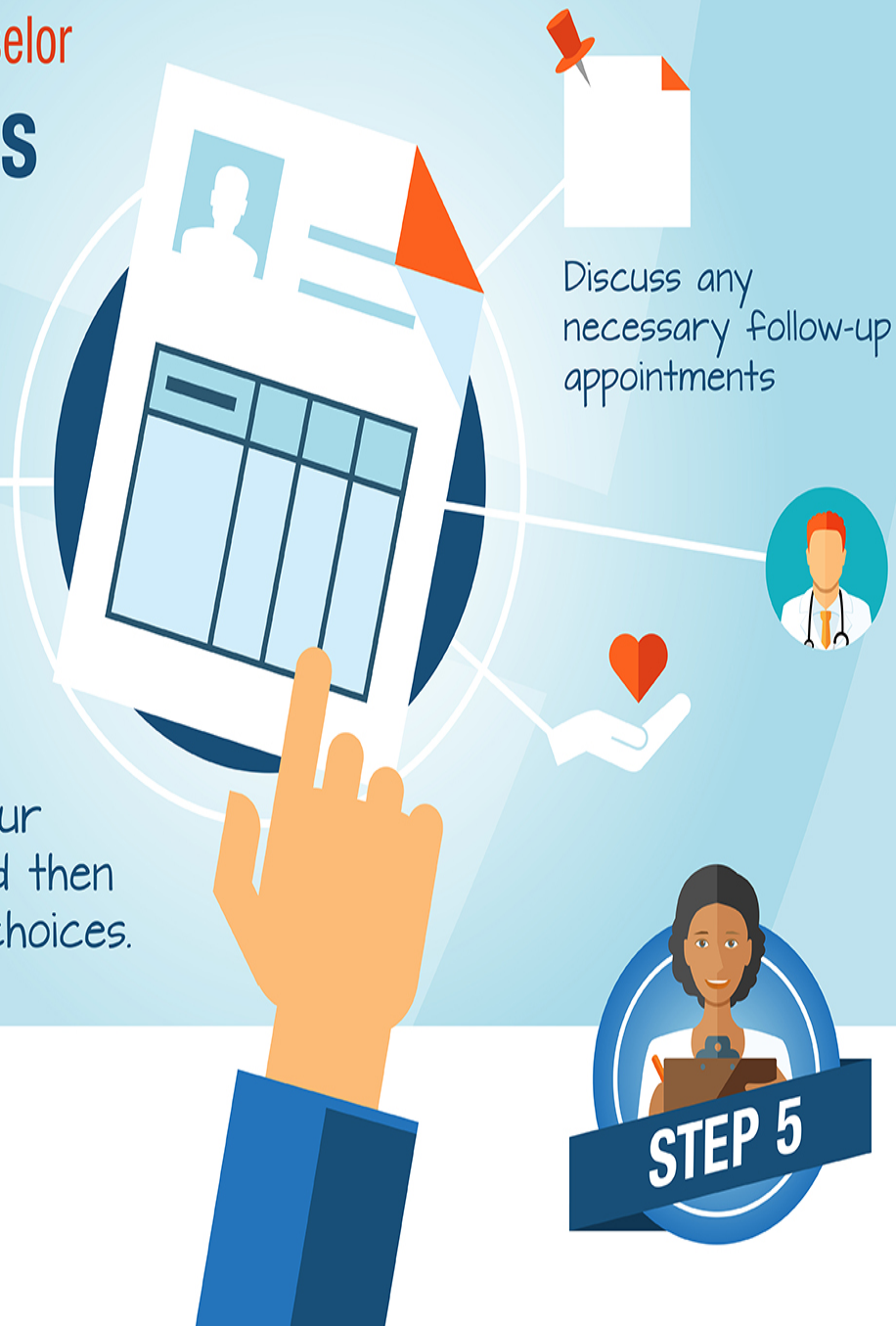
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# Your Experience with a Genetic Counselor

## Review Your Results



Your genetic counselor will share your results with you and your physician and then provide support as you make informed choices.



Discuss any necessary follow-up appointments



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





Your Experience with a Genetic Counselor

# Follow Up with Your Genetic Counselor



Discuss options for your healthcare today and future stages of your life



Consider additional genetic tests



Schedule follow-up appointments with your genetic counselor as needed



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