

Discover what your genes say about your health



At NorthShore, we provide Advanced Primary Care, integrating genetics as part of each patient's care plan. Genetic testing, along with your family health history, helps your healthcare provider understand your genetic risk for certain diseases so that they can work with you to create a proactive screening and prevention plan that is tailored to you.

Talk with your NorthShore healthcare provider to get started today.

Questions?

Please contact 847-570-GENE (4363)

Gain helpful, actionable insights with genetic testing

- As part of NorthShore's commitment to provide you with the most Advanced Primary Care, NorthShore has partnered with Color to provide valuable genetic insights about your risk for cancer and heart conditions, how your body might process certain medications, and information about ancestry and other traits. **The patient portion cost of this genetic test is \$199.**
- The results from this test can help your healthcare provider develop a screening and prevention plan best tailored to you.
- A simple blood draw can be completed at any NorthShore lab location (northshore.com/labs) after receiving an order from your healthcare provider and consenting on NorthShoreConnect.

What you'll learn



Cancer

Analysis of genes to better guide a screening and prevention plan for breast, ovarian, uterine, colon, melanoma, pancreatic, stomach, and prostate cancers.



Heart

Analysis of genes associated with genetic forms of heart disease, such as inherited high cholesterol, that may be managed differently from heart conditions without a genetic cause.



Medications

Analysis of genes associated with medication response that impact how the body may process certain medications.**

You also receive:



Discovery

On an ongoing basis, you will also receive genetic insights about yourself such as ancestry, lactose intolerance, and caffeine metabolism.

****Do not change or stop taking any medicine based on a genetic test report without consulting your healthcare provider. This test is not intended to inform you about your current state of health, including whether or not you should take a medication or how much you should take. This test does not diagnose any health conditions and is not a substitute for visiting your health care provider. Discuss the results of the genetic test with your healthcare provider, including whether the medication label includes information on how to use genetic information to determine dosage. Medicine should always be taken as prescribed by your healthcare provider.**

Frequently asked questions

GENETIC TESTING

Why get genetic testing?

Your genes can help you understand whether you are at increased risk for certain health conditions and how your body might process certain medications.** In fact, 10 - 15% of most cancers are due to genetic variants, or changes, that are passed down from your parents. Most cases of heart disease are due to lifestyle choices, but some are due to genetics. In addition, when you take a medication, your response is influenced by many factors, including genetics.

How do my results impact my family members?

Your results can help your family members understand their risk. If your results show that you could be at risk for any of the tested conditions, there is a 50% chance that each of your first-degree relatives could be at increased risk, too. Based on your results, NorthShore and Color genetic counselors will provide recommendations for testing family members.

MY RESULTS

How will I receive my results?

Once your blood sample is collected, an email will be sent explaining how to create a user account on Color's website.

Results are typically available 4 weeks after you create your Color account. You will receive an email from NorthShoreConnect when your results are available along with instructions on how to access them via NorthShoreConnect.

What types of results will I receive?

A positive result means you have a gene variant that puts you at increased risk of developing cancer or heart disease – it does not mean that you will definitely develop it. Your healthcare provider can help you build a personalized screening plan based on national guidelines and recommendations related to your results.

A negative result means that no gene variants were found on this test. There are other factors that may increase your risk for cancer or heart disease based on personal or family history or other environmental factors. Please discuss any concerns with your healthcare provider or a genetic counselor.

How do I access genetic counseling?

You will have the opportunity to discuss your results and screening and prevention recommendations with a genetic counselor from Color. A NorthShore Genomics Care Coordinator will also be available to assist with scheduling any next steps by calling 847-570-GENE (4363).

PRIVACY AND CONFIDENTIALITY

How is my privacy protected?

NorthShore and Color take your privacy seriously and comply with HIPAA requirements regarding protected health information (PHI). Color will only collect the information necessary to complete this test. Your results will be integrated into your medical record and data collected will not be shared with third parties without your consent.

You also have rights granted to you under the federal law called GINA, the Genomic Information Non-discrimination Act, which protects you from some forms of discrimination, including health insurance and employment.

How it works



Complete the Genetic and Wellness Assessment online

You will be asked to complete the Genetic and Wellness Assessment via *NorthShoreConnect* prior to your annual physical. It will ask about your personal and family history of certain medical conditions. Based on your responses, you will receive information related to your inherited risk for developing certain genetic conditions. If you decide to proceed with testing, you will need to complete a consent form from our partner, Color, a leading genomics and healthcare company.



Order placed through your healthcare provider

If you indicate that you would like your healthcare provider to place orders for recommended genetic testing, he or she will do so at your upcoming visit.



Complete a simple blood draw

Once you have consented and your healthcare provider has placed the order for genetic testing, you can visit any NorthShore lab for a blood test that we will send to Color for analysis. Visit northshore.org/labs to find a location near you.



Create your Color account

An email will be sent to you explaining how to create a user account on Color's website. Your Color account will allow you to track the status of your test, access genetic counselors, and learn more about your ancestry and traits.



Receive your results

Results are typically available 4 weeks after you create your Color account. You will receive an email from *NorthShoreConnect* when your results are available along with instructions on how to access them via *NorthShoreConnect*.



Create a care plan with your healthcare provider

Based on your results, your healthcare provider can help you build a personalized screening plan based on national guidelines and recommendations.

Peace of mind comes from being proactive about your health.



**“I have this amazing knowledge now,
and it’s been so empowering.”**

- Megan Guerin
Patient with *BRCA1* mutation