

# Genetic Testing

Discover what your genes say about your health

[northshore.org/apc](http://northshore.org/apc)  
847-570-GENE (4363)



## What Genes Say About Your Health

At NorthShore and Swedish Medical Group, we include 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 or Swedish Medical Group physician to get started today.**

## Gain Helpful, Actionable Insights with Genetic Testing

- Genetic testing can help you learn about your risk for certain cancers and heart conditions and how your body might process certain medications.
- Results can help your physician develop a screening and prevention plan best tailored to you.
- Your results may also help your family members understand their risk for certain conditions.

## What You'll Learn

### Genetic Health Screen

*The patient portion cost of this genetic test is \$99.*

#### Cancer

Inherited risk for breast, ovarian, uterine, colon, melanoma, pancreatic, stomach, and prostate cancers

#### Heart

Risk for some genetic forms of heart disease, such as inherited high cholesterol, that may be managed differently from heart conditions without a genetic cause

#### Medications

How genes may influence how your body processes certain medications\*

#### Other Health Conditions

Inherited risk for other conditions

## Hereditary Cancer Panel

For patients with a personal or family history of cancer, we also offer a hereditary cancer test that is billed to your insurance through our testing partner, Sema4.

*\*Do not change or stop taking any medicine based on a genetic test report without consulting your physician.*

 **NorthShore**  
University Health System

[northshore.org](http://northshore.org)

To schedule an appointment, or for more information, please call **(847) 570-GENE** or visit us online at [northshore.org/apc](http://northshore.org/apc).

# Genetic Testing

## How it Works



### Complete the Genetic and Wellness Assessment (GWA) Online

You will be asked to complete the GWA via *NorthShoreConnect* prior to your annual physical. It will ask about your personal and family history of certain medical conditions. Based on your answers, 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.



### 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 Blood Draw

Once your physician has placed the order for genetic testing, you must visit any NorthShore lab or NorthShore Immediate Care Center for a blood test. Visit [northshore.org/labs](http://northshore.org/labs) or [northshore.org/immediatecare](http://northshore.org/immediatecare) to find a location near you.



### Receive Your Results

Results are typically available 4 weeks after your blood draw. 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 Physician

Based on your results, your physician will help you build a personalized screening plan based on clinical guidelines and recommendations.

## Privacy and Confidentiality

NorthShore takes your privacy seriously and complies with all HIPAA requirements regarding protected health information (PHI). Only information needed to complete the test will be shared with NorthShore's testing partner, Sema4. No other data will be shared without your consent.

You also have rights granted to you under the federal law called GINA, the Genomic Information Nondiscrimination Act, which protects you from many forms of discrimination, including health insurance and employment. For more information about GINA, visit [northshore.org/apc](http://northshore.org/apc).

## Sign up for *NorthShoreConnect*

*NorthShoreConnect* is our easy-to-use and secure online portal that puts healthcare access right at your fingertips 24/7 via your computer or mobile device. *NorthShoreConnect* enables you to:

- Review NorthShore test results
- Schedule NorthShore appointments
- Communicate with your care team
- Pay NorthShore medical bills

To set up a *NorthShoreConnect* account, go to [northshoreconnect.org](http://northshoreconnect.org).

Click on "Sign Up Now" and complete the online form.

If you have any questions or need more information, please call your physician's office or the *NorthShoreConnect* support line at **(847) 425-3900**.