Benefit Guide Summary Options

This document includes a series of benefit guide summaries for consideration.

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# Option 1: Full

## Genomic Life

Genomic Life helps optimize your health – now, and in the future – based on your personal health, family history, and DNA – to **catch disease early**, **inform choices**, and **tailor care so it works best for you**.

The three-in-one benefit includes **Precision Health Guidance**, **DNA Screenings**, and **Cancer Navigation**.

### Precision Health Guidance

The program adjusts to your pace, offers ongoing help, and provides easy to follow steps to support your health journey.

* Personalized health actions
* Access to our navigation team
* Decision-making support

### DNA Screenings

Genomic Life guides you to DNA screenings to help identify and provide interventions for certain types of common diseases like **cancer** and **heart disease**, support you when **planning a family**, and help guide **medication choices** with your care team.

Your results provide actions to take to support your health. You can access features such as:

* A suite of proactive DNA screenings
  + Genetic Health Screen
  + Pharmacogenomic Testing
  + Carrier Screening
* Access to our navigation team, care coordination and genetic counseling

### Cancer Navigation

Access expert cancer navigators and advanced cancer resources if you are diagnosed with cancer, a cancer survivor, or have a strong family history of cancer to help ensure guideline-recommended actions and care throughout your journey.

* A dedicated cancer navigator
* Informed decision-making support
* Coordination of care
* Ongoing patient advocacy and   
  caregiver support
* Tumor genomic profiling, as needed
* Diagnostic inherited cancer panel
* Expert pathology review, as needed

# Option 2: Medium

## Genomic Life

Genomic Life helps optimize your health – now, and in the future – based on your personal health, family history, and DNA – to **catch disease early**, **inform choices**, and **tailor care so it works best for you**.

The three-in-one benefit includes **Precision Health Guidance**, **DNA Screenings**, and **Cancer Navigation**.

### Precision Health Guidance

The program adjusts to your pace, offers ongoing help, and provides easy to follow steps to support your health journey.

* Personalized health actions
* Access to our navigation team
* Decision-making support

### DNA Screenings

Identify your personal health risks using your DNA.

* **Genetic Health Screen** for many disease risks including certain types of cancer and heart disease.
* **Pharmacogenomic Testing** to help your care team understand how to optimize your medications.
* **Carrier Screening** to inform family planning decisions.

### Cancer Navigation

Access expert cancer navigators and advanced cancer resources if you are diagnosed with cancer, a cancer survivor, or have a strong family history of cancer to help ensure guideline-recommended actions and care throughout your journey.

* 1-on-1 support with a cancer navigator
* Decision-making support and coordination of care
* Tumor genomic profiling and diagnostic testing, as needed

# Option 3: Short

## Genomic Life

Genomic Life helps optimize your health – now, and in the future – with a three-in-one benefit that includes **Precision Health Guidance**, **DNA Screenings**, and **Cancer Navigation**.

**Precision Health Guidance** offers ongoing help and provides easy to follow steps to support your health journey every step of the way.

**DNA Screenings** use your DNA to proactively identify risks to inform early detection, prevention, and personalize treatment of actionable conditions, including many cancers and heart disease, to optimize your medications and help guide family planning decisions.

**Cancer Navigation** offers personalized cancer support for those diagnosed with cancer, cancer survivors, and those with a significant family history of cancer. The Cancer Navigation team expertly guides you through every step, helping ensure you receive the best care, support, and resources possible.

Genomic Life wants to help you catch disease early and access tailored guidance, so your health action plan works best for you. Contact Genomic Life to learn more.