




Which Test is Best?	Provider Ordered 	At-Home Clinical 	At-Home Non-clinical 
How do you access testing?	A doctor or genetic counselor suggests or orders appropriate testing based on your symptoms and/or concerns.	Also called Patient-initiated You choose the test on a lab website. Usually, you will have to answer questions about your health and family history to make sure the test is appropriate.	Also called Direct to consumer (DTC) . You choose the test. Tests can be found on lab website, retail stores, or gifted. You don't need approval from a doctor. You can choose a test for any reason.
What types of tests can you choose from?	Clinical related to a health condition. Healthcare providers have access to many labs and test choices.	Clinical related to a health condition. Only some labs offer some clinical tests directly to patients at-home.	NOT clinical . Test choices can be called ancestry, "health", "wellness", "fitness" tests, etc.
What can the results be used for?	Clinical test results CAN be used to guide healthcare decisions. This may include treatment and preventive care recommendations, referrals to other specialists, and information to guide family planning.		Non-clinical results CAN'T be used for healthcare. Results should only be used for personal knowledge or interest.
Why might someone choose each?	<ul style="list-style-type: none"> • Want to find the most accurate diagnosis and explanation • Need complete and accurate info to help guide treatment and other medical recommendations • A physical exam and review of medical and family history by a healthcare provider is needed to choose the best test • Insurance will cover (pay for) this testing and not another • Cost is not a barrier 	<ul style="list-style-type: none"> • Want to have more information about a possible diagnosis to help guide treatment and other medical recommendations • Physical exam is not needed or wanted • Cannot easily get an appointment to see a genetics provider • Insurance will cover (pay for) testing and not another • Usually lower cost out-of-pocket • Feels more private because there is no face to face interaction 	<ul style="list-style-type: none"> • To learn more about where your family is from or find relatives • Learn about <i>possible</i> genetic connections to some health or physical traits • Low-cost • Easy to access and order on your own • Someone is looking for health information but doesn't know about clinical testing or how they can get it