




<h1>WHICH TEST IS BEST?</h1>	<h2>Provider Ordered </h2>	<h2>At-Home Clinical </h2>	<h2>At-Home Non-clinical </h2>
<h3>How do you access testing?</h3>	<p>A doctor or genetic counselor suggests or orders appropriate testing based on your symptoms and/or concerns.</p>	<p>Also called <b>Patient-initiated</b>            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.</p>	<p>Also called <b>Direct to consumer (DTC)</b>            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.</p>
<h3>What types of tests can you choose from?</h3>	<p><b>Clinical</b> related to a health condition. Healthcare providers have access to many labs and test choices.</p>	<p><b>Clinical</b> related to a health condition. Only some labs offer some clinical tests directly to patients at-home.</p>	<p><b>NOT clinical.</b> Test choices can be called ancestry, "health", "wellness", "fitness" tests, etc.</p>
<h3>What can the results be used for?</h3>	<p><b>Clinical test results CAN be used to guide healthcare decisions.</b> This may include treatment and preventive care recommendations, referrals to other specialists, and information to guide family planning.</p>		<p><b>Non-clinical results CAN'T be used for healthcare.</b> Results should only be used for personal knowledge or interest.</p>
<h3>Why might someone choose each?</h3>	<ul style="list-style-type: none"> <li>• Want to find the most accurate diagnosis and explanation</li> <li>• Need complete and accurate info to help guide treatment and other medical recommendations</li> <li>• A physical exam and review of medical and family history by a healthcare provider is needed to choose the best test</li> <li>• Insurance will cover (pay for) this testing and not another</li> <li>• Cost is not a barrier</li> </ul>	<ul style="list-style-type: none"> <li>• Want to have more information about a possible diagnosis to help guide treatment and other medical recommendations</li> <li>• Physical exam is not needed or wanted</li> <li>• Cannot easily get an appointment to see a genetics provider</li> <li>• Insurance will cover (pay for) testing and not another</li> <li>• Usually lower cost out-of-pocket</li> <li>• Feels more private because there is no face to face interaction</li> </ul>	<ul style="list-style-type: none"> <li>• To learn more about where your family is from or find relatives</li> <li>• Learn about <i>possible</i> genetic connections to some health or physical traits</li> <li>• Low-cost</li> <li>• Easy to access and order on your own</li> <li>• Someone is looking for health information but doesn't know about clinical testing or how they can get it</li> </ul>