Easy-to-Read Results

planTrue’s color-coded test results report two possible outcomes:

- **Negative**
  
  No harmful changes detected in the genes tested.
  
  **ACTION:** Follow-up testing not recommended. Talk to your clinicians about any additional concerns due to family history or other factors.

- **Positive**
  
  Gene change detected. You are a carrier.
  
  **ACTION:** Your clinician might recommend additional steps to clarify your chance of having a child with a genetic condition.

All planTrue reports are accompanied by a personalized Patient Guide to help you understand your results and talk to your clinician about their significance for you and your family.

Questions?
1.877.494.0030

Ask your clinician if the planTrue screen is right for you.

About True Health

True Health is a health services company providing innovative clinical services and diagnostic information to help people live longer, healthier lives.

www.truehealthdiag.com

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1.877.494.0030 | womenshealth@truehealthdiag.com
Knowing whether or not you are a carrier for certain genetic conditions can give you the essential time you need to learn more about the condition and prepare for the health and wellness of your growing family.

Better insight for the path ahead.

If planTrue testing confirms that you are a carrier, talk to your clinician about your options for next steps, which could include:

- Testing your partner for autosomal recessive conditions—if your partner also has a change in the same gene, it increases the risk of the condition in your child
- Prenatal or fetal testing
- Assistive reproduction such as in vitro fertilization
- Other family planning options

Do I need carrier testing?

ACOG recommends that all women who are pregnant or considering pregnancy consider carrier testing for Cystic Fibrosis and Spinal Muscular Atrophy. Testing for additional conditions may be considered according to your family history, ethnicity, and other factors.

Your family. Your plan.

Remember, only you can decide what is best for your family. planTrue is here to provide the information to empower you and your loved ones to make decisions about your family’s future.

Estimated Carrier Frequency of Common Genetic Conditions

<table>
<thead>
<tr>
<th>Condition</th>
<th>Estimated Carrier Frequency</th>
<th>Population*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cystic Fibrosis</td>
<td>1 in 29</td>
<td>U.S. General</td>
</tr>
<tr>
<td>Sickle Cell Disease</td>
<td>1 in 10</td>
<td>African American</td>
</tr>
<tr>
<td>Tay Sachs Disease</td>
<td>1 in 30</td>
<td>Ashkenazi Jewish American</td>
</tr>
</tbody>
</table>

* Although genetic diseases occur among all ethnicities, some groups are at higher risk.


Learn More:
www.planTrue.truehealthdiag.com