

## **Genetic Testing for Medications - Is It Right For You?**

### **What is genetic testing for medications?**

Providers for Healthy Living uses [GeneSight](#) to provide genetic testing services for patients. GeneSight is a laboratory-developed genetic test that uses DNA collected from a cheek swab to analyze genetic information and match it with information about available treatment options. It is available for children, adolescents, and adults.

### **Who qualifies for genetic testing?**

In order to have insurance consider paying for genetic testing, patients must show a history of treatment failure with numerous medications, bothersome medication side effects with previous medication trials, or both.

### **Will insurance cover genetic testing?**

This, like all insurance-related services, is patient-specific. Patients can call their individual insurance plans to ask about genetic testing coverage. However, GeneSight requires each patient to pay a nominal fee for genetic testing, regardless of what insurance will or won't pay.

### **Does genetic testing help with my treatment?**

The information obtained from genetic testing can streamline the process of medication management as it gives a guideline for treatment. Although this kind of testing is relatively new, four published, peer-reviewed studies confirm that GeneSight can double a patient's odds of getting on the right medication.

### **How often is genetic testing necessary?**

Since genetic material doesn't change, it is only necessary to have genetic testing done once in a lifetime. Obviously testing profiles improve and more medications are added, but the results obtained are good for a lifetime and should be kept in a safe place and shared with all treatment providers.

**If you meet the above criteria and would like explore genetic testing, call your insurance company and discuss it with your medication provider at your next visit.**