



Types of Genetic Testing That Can Have An Important Role In Preventive Care

Genetic testing is no longer limited to specialists - many primary care physicians now incorporate it into preventive care to help identify patients at higher risk for certain cancers, cardiovascular conditions, and other serious health issues. Many obstetrician–gynecologists (OB/GYNs) now offer or help coordinate preventive hereditary genetic testing as well.

When used appropriately, these tests can guide earlier screening, lifestyle changes, and targeted medical interventions that may prevent disease or detect it at its earliest, most treatable stage.

Your healthcare provider may consult with or refer you to a genetic counselor to ensure you receive the most informed guidance. Working together, they can select the most appropriate tests and create a **prevention screening plan** tailored to your specific needs.



If you are unsure whether you might benefit from genetic testing, refer the **“Who Is Considered Higher Risk”** section of the MADP comprehensive genetic support guide for a complete list of personal, family history, and ancestry-related factors.

Insurance coverage for genetic testing varies based on the type of test, your medical and family history, and your insurance plan. Most insurers require genetic testing to be ordered by a licensed healthcare provider and that certain guidelines are met. You are more likely to be covered if you meet the high-risk criteria.

Newer testing on the market may not be covered. Self-pay options are often available and may be more affordable than expected. **MADP recommends** contacting both your insurance provider, and the testing laboratory company directly, to confirm costs and coverage prior to testing.

Why Quality of Your Genetic Test Matters for Your Health

When considering genetic testing, it is important to choose tests from trusted, **medical-grade** recognized sources.

MADP has provided a list of a few testing options to discuss with your provider - available in the MADP Patient Support Hub. They are **medical-grade CLIA-certified and CAP-accredited genetic testing** laboratories that are widely used by medical professionals, including specialists and leading healthcare systems.

These tests **meet rigorous clinical standards**, providing **accurate, actionable results** to guide prevention, early detection, and treatment decisions.



Medical-grade genetic testing requires an *order by a licensed healthcare provider*. Your provider can help determine which testing is most appropriate based on your personal and family health history. If your provider has additional questions, they are welcome to contact MADP at info@microbiomeDP.org for additional clinical support and information.

Many direct-to-consumer (DTC) tests may **not** meet the same standards as medical-grade genetic testing which can result in incomplete or potentially misleading information.

