

## Nurture Genetic Counseling

Genetic counseling is a specialized medical service available to answer your questions about the risk of genetic disease.

Whether you have a family history that concerns you, or you sought out Nurture's screening services to rule out the risk of an actionable genetic disease, Nurture's genetic counselors are here to help you understand:

- the risk for your child to be impacted by a genetic condition
- the benefits, risks, and limitations of genomic testing
- what your child's genomic test results mean
- the next steps in your child's care (like finding the right specialist or understanding treatment options)

Genetic counseling is available as part of the Nurture service at any time in your journey.

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### **What can I expect from Nurture pre-test genetic counseling?**

Genetic counseling will be scheduled at your convenience with one of Nurture's licensed/certified genetic counselors. Your visit will take place using Nurture's telehealth platform.

The goal of pre-test genetic counseling is to ensure that you understand the benefits and limitations of testing and to make sure that the benefits of testing align with your personal goals and any family history that you may have. If a different genetic test is more appropriate for your child based on your goals, your genetic counselor will discuss testing options with you.

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### **What can I expect from Nurture post-test genetic counseling?**

Parents can have questions about both negative and positive results. Genetic counselors are available to help you understand your child's test result, regardless of the result. Your genetic counselor will review your child's genetic test report with you. They will point out any limitations of the testing and discuss what the next steps are in the context of the result and your child's medical history and your family history. If needed, your genetic counselor will make specific recommendations to local specialists.

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## What types of questions can I ask a Nurture genetic counselor?

Ask anything! Any and all questions are good questions. A genetic counseling session is a conversation and your input is very valuable to making the most of the session. Here are a few questions you may find helpful.

- What kind of information can genetic testing give me?
- What does the genetic testing process involve?
- Does the condition run in families?
- How can knowing more about a genetic risk help my child or our family?
- If I decide to have genetic testing for my child, when can I expect to hear about the results? How will I receive the results?
- If my child is at increased risk for a condition, could I or my husband have it? What about my other children or my/my husband's siblings or my nieces and nephews?
- Could I be exposing myself or my family to discrimination based on genetic information?

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## What else can I do to prepare for my Nurture Telehealth Counseling session?

In addition to thinking about your questions, it is helpful to think about your family history. Are there any known genetic conditions, birth defects or other health concerns that you are concerned your child may be at risk for? Coming to your session with information about your family history will allow your genetic counselor to more fully evaluate your child's health risks.

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## What kind of training do Nurture genetic counselors have?

At Nurture, we require that our in-house genetic counselors have master's degrees and are certified by the American Board of Genetic Counseling. In the majority of states in the US, genetic counselors are required to be licensed as healthcare providers.

<sup>1</sup> Lichstein et al (2021). Children with genetic conditions in the United States: Prevalence estimates from the 2016-2017 National Survey of Children's Health. *Genetics in Medicine*, 24(1): 170-178