

## What Is Genetic Counseling?

Genetic counseling is a service that helps individuals and families understand genetic conditions, genetic risk factors, and genetic testing. A genetic counselor is a certified healthcare professional who reviews personal and family medical history, explains testing options, answers questions, and helps patients make informed decisions about their care. Genetic counselors also help families understand test results and discuss what those results may mean for the patient and other family members. Our goal is to provide clear information, support, and guidance every step of the way.

## What Is Genetic Testing?

Genetic testing looks at a person's DNA (genes) to see if there are changes that could explain a medical condition, developmental differences, or a family history of certain health concerns. Genetic testing may be offered to children when there is a concern that a genetic condition could be contributing to their symptoms or diagnosis. Identifying an underlying genetic cause can help guide medical care, treatment decisions, and access to appropriate resources and support. At our Precision Pediatrics Clinic, genetic testing is usually performed using a simple buccal (cheek) swab. This painless process involves gently rubbing the inside of the cheek to collect cells that can be analyzed in a laboratory.

## Is Genetic Testing Expensive?

Genetic testing has become more widely available and a routine part of care. Many genetic tests are covered by health insurance when they are medically indicated, but coverage and out-of-pocket costs differ between insurance plans and on the type of test that is recommended. Before testing is ordered, our team works with the testing laboratory to review insurance benefits and identify any potential costs. In many cases, laboratories also offer financial assistance programs or self-pay options to help make testing more affordable. Our goal is to make sure you understand any expected costs before moving forward with testing.