



Precision Health Solutions



modivcare

Modivcare and Precision Health Solutions (PHS), a Florida-based specialty laboratory, have partnered together to bring you this exciting new health benefit through Pharmacogenomics (PGx) testing!

### **What is PGx testing?**

Pharmacogenomics is the study of how variations in the human genome dictate a person's response to medications. In other words, we are all different and how we individually react to prescription drugs varies from person to person. This testing helps to predict the overall efficacy of prescription drugs for patients based on their unique DNA, which should eliminate much of the "trial and error" approach employed today. Key benefits of PGx testing include maximizing the intended use of the medications and decreasing medication side-effects (or worse, adverse reactions).

- Are you taking 1 or more prescription medications (including ones for common conditions, such as depression, high blood pressure, high cholesterol - or over the counter medications or supplements)?
- Dealing with pain or discomfort?
- Have high pharmacy expenses?
- Considering adding or changing medications?

If you answered yes to 1 or more of these questions, a PGx test may help you significantly on your path to achieving optimal health.

### **How does a PGx test work?**

PGx testing is simple and fast. The entire testing process takes approximately 15 minutes. A swab is inserted between your cheek and gums, rotated 10 times, and then repeated on the other side of your mouth.

You will also be asked about any medications, over the counter products, and supplements you are currently taking (including dosage and frequency), as well as about any chronic conditions you may have. Since PGx testing is specific to your unique DNA, having this information will make the test results more valuable in terms of understanding how your body responds to medications, both now and in the future as your medications change.

### **How is my privacy protected?**

Any personal health information you choose to share - as well as your test results - will be kept strictly confidential and will only be shared with you and those you specifically authorize to receive them; they will not be shared with Modivcare. Your privacy is protected in accordance with HIPAA laws and PHS's Privacy Policy. Participation in this new benefit is 100% voluntary.

### **How do I get my PGx test?**

You can access your new PGx testing benefit by scheduling an intake call with a PHS specialist. During this intake phone call, the PHS specialist will record the necessary information to initiate the testing, including your medications, dosage, and frequency. To ensure continuity of care, as well as compliance with all laws and regulations, you will need to have our intake form signed by your primary care (or other licensed) provider. Once all documentation is complete, PHS will arrange for a test kit to be mailed directly to your home address, at which time you can swab your own cheek, and mail your specimen back to PHS (pre-paid return envelope provided) for lab processing.

### **Is there a cost for the test? If so, how much?**

This new benefit is covered by our medical insurance plan. The cost for PGx testing is \$399.00 however, depending on the medical plan you are enrolled into and if you have satisfied your annual deductible, it may be 100% covered with zero out of pocket costs to you. During your intake call with a PHS specialist costs and payment methods will be reviewed with you.

### **What happens after my test?**

Test results will be ready in approximately 4 weeks. At this time, you will have the opportunity (if you choose) to have a comprehensive review with a pharmacist who is certified to interpret PGx testing.

We hope you are excited about the investment Modivcare is making to keep you and your family members healthy - and take advantage of your new PGx benefit. Should you have any questions about this new benefit, please reach out directly to your Human Resources Representative and if you have questions about PGx testing, please contact PHS.

*Thank you!*