

Genetic Testing Prior Authorization Program

Reducing costs and improving care

Appropriate clinical genetic testing is a powerful tool to evaluate a patient's increased risk of health problems, determine the chance of developing or passing on a genetic disorder and choose treatments. Unfortunately, the popularity of at-home DNA and genetic testing kits has contributed to the notion that this type of testing does not require a health care provider, is widespread and inexpensive. In truth, genetic testing is complex, expensive and results can be hard to understand, creating needless anxiety.

To help ensure our members are receiving the correct genetic test for their specific needs, CareFirst BlueCross BlueShield and CareFirst BlueChoice, Inc. (CareFirst) is implementing its Genetic Testing Prior Authorization Program for nearly all genetic testing effective February 1, 2019. This expanded program will help CareFirst effectively manage appropriate, affordable genetic testing services across all medical specialties and subspecialties and provide your employees with access to specialists like genetic counselors who can help clearly explain their results.

Additional advantages of the program include:

- Confirmation that a prescribed procedure is medically necessary and a covered benefit
- Cost savings by keeping tests in-network and reducing unnecessary testing
- Convenient, patient-centered care—genetic counselors provide personalized information about patients' risks and best options to manage them

The genetics field is growing rapidly as new discoveries transform the way medicine is delivered and practiced. CareFirst's program will help minimize the cost, complexity and apprehension associated with genetic testing.



Studies show patient misperception of genetic testing, such as overestimating their genetic risk, can adversely affect their health and lead to increased medical surveillance and preventive measures.¹

Contact your CareFirst account representative for more information.

¹ Sivell S, Elwyn G, Gaff CL, Clarke AJ, Iredale R, Shaw C, et al. How risk is perceived, constructed and interpreted by clients in clinical genetics, and the effects on decision-making: systematic review. *Journal of Genetic Counseling*. 2008;17:30–63.

