

Alpha-1 Testing Take Your Next Step

Now that you have reviewed your 23andMe Alpha-1 Antitrypsin Deficiency report, it is natural to have questions. Below are some facts that can help start to answer your questions before you meet with your healthcare professional.



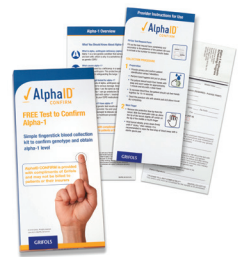
Since I may be at increased risk, why should I get tested?

A 23andMe Alpha-1 Antitrypsin Deficiency genetic report is not a diagnosis of alpha-1. The only way to diagnose it is with a simple blood test. The AlphaID™ CONFIRM test is a free fingerstick test that allows your healthcare professional to confirm 23andMe results, identify the level of alpha₁-antitrypsin in your plasma, and establish your baseline level. This can help you and your healthcare professional make decisions and address changes in your health in the future.



How is the AlphaID CONFIRM test performed?

The AlphaID CONFIRM test is a free, quick, and easy fingerstick that takes less than 10 minutes to conduct in your healthcare professional's office. Your healthcare professional mails your blood sample to an independent national lab for testing. The results are kept in the strictest confidence by the independent lab. Results are shared only with your healthcare professional.



How much does the AlphaID CONFIRM test cost?

If you use the AlphaID CONFIRM test, all testing and processing of the results are free.* If you choose to go to a commercial lab (eg, LabCorp, Quest) to get tested, check with your insurance company to understand the associated costs and coverage.



How long will it take to get the AlphaID CONFIRM test results?

Your test will be processed at an independent laboratory that specializes in alpha-1 testing. Test results are returned to your healthcare professional within 10 days via fax or mail. Your results are kept completely confidential between you and your healthcare professional.



What is alpha₁-antitrypsin deficiency (alpha-1)?

Alpha-1 is a rare genetic condition that can lead to serious lung and liver disease. Alpha-1 is passed down from your parents through your genes.¹



How is alpha-1 treated?

If your healthcare professional diagnoses you with alpha-1, treatments may be available to increase the amount of the alpha-1 protein in your blood. In addition, since alpha-1 is genetic, you can discuss family testing. The only way to know if you have alpha-1 is to get tested.

Still unsure how to start the conversation with your healthcare professional about getting tested with the AlphaID CONFIRM test? See the Alpha-1 Discussion Guide on back of this page for tips.

*AlphaID CONFIRM is provided with compliments of Grifols and may not be billed to patients or their insurers. 23andMe is a trademark or registered trademark of 23andMe, Inc.

Reference: 1. What is alpha-1? Alpha-1 Foundation website. <https://www.alpha1.org/what-is-alpha1>. Accessed July 18, 2019.



Tips to help you get ready for your next appointment

Since it is rare, your healthcare professional may not be very familiar with alpha₁-antitrypsin deficiency (alpha-1). The information provided below can help you have a conversation about alpha-1 and getting tested using your free* AlphaID™ CONFIRM test.



Starting a conversation with the office staff at your healthcare professional's office

It can be helpful to let the office staff know that you want to talk with your healthcare professional about alpha-1 testing.

Suggestions to start this conversation include:

- *Could you please let (name of healthcare professional) know that I would like to talk with (him/her) about getting tested for alpha-1?*
- *Could you please let (name of healthcare professional) know that I have my AlphaID CONFIRM test with me today, and I'd like to be tested for alpha-1? It's a simple fingerstick test.*



Starting a conversation with your healthcare professional

Let your healthcare professional know that you want to find out if you have alpha-1.

- *My 23andMe genetic report showed that I may be at-risk for alpha-1. I ordered this free AlphaID CONFIRM test. Can you use it to test me for alpha-1?*
- *My 23andMe genetic report showed that I may be at-risk for alpha-1. But the only way to diagnose alpha-1 is with a simple fingerstick test. Can you perform this test today? Everything you need is in this AlphaID CONFIRM test.*



If your healthcare professional is hesitant to test you...

It may help to share that more than 90% of the estimated 100,000 people in the United States who have alpha-1 haven't been diagnosed yet. You won't know if you are one of the 90% until you get tested.¹

After making an appointment with your healthcare professional, use this simple checklist to help you get ready for that appointment:

- ✓ Add an appointment reminder to your calendar to bring your AlphaID CONFIRM test
- ✓ Put your AlphaID CONFIRM test where it will be easy to remember to take it with you
- ✓ Remember, do not open your AlphaID CONFIRM test
- ✓ On the day of your appointment, be sure to bring your AlphaID CONFIRM test and this Alpha-1 Discussion Guide

Take your next step. Get tested for alpha-1 with your AlphaID CONFIRM test.

*AlphaID CONFIRM is provided with compliments of Grifols and may not be billed to patients or their insurers.

Reference: 1. Campos MA, Wanner A, Zhang G, Sandhaus RA. Trends in the diagnosis of symptomatic patients with α 1-antitrypsin deficiency between 1968 and 2003. *CHEST*. 2005;128(3):1179-1186.