Activity #6: Genetic Counseling and Testing (Part 2)
Case Studies and Resource Identification

Imagine you are helping a community member navigate genetic counseling and testing. Based on what you've learned from this module, answer the following:

Scenario 1: Connecting to a Genetic Counselor

A 45-year old woman is concerned about her risk for breast cancer because many of her relatives have had the disease. She has heard about genetic counseling but doesn't know how to access it.

1. What steps would you take to help her find a genetic counselor?

   Ask about her location and health provider network.

   Use trusted sites like NSGC to find nearby counselors.

   Help her make an appointment and explain what to expect.
   _____

2. What websites or resources could you direct her to for support?

   NSGC.org – Find a Genetic Counselor

   CDC Genomics Toolkit

   Local hospital or cancer center support services.
   _____

Scenario 2: Explaining the Cost of Genetic Testing

A man you are helping is interested in genetic testing but worries that he cannot afford it. He assumes insurance won't cover it.

1. What information could you provide to help him understand the potential costs and coverage options?

   Many insurance plans do cover testing if medically necessary.

   Costs vary ($100–$3,000), but some labs offer transparent pricing or discounts.

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2. What advice would you give about checking insurance policies or financial assistance programs?

Call the insurer for coverage details.
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Ask labs or clinics about financial aid programs or sliding scales.
_____

Consider nonprofits like FORCE or Color.com for low-cost testing.
_____

Try it out!

1. Go to the NSGC "Find a Genetic Counselor" website:
   https://findageneticcounselor.nsgc.org/?reload=timezone

2. Identify a genetic counselor in your area that is available: 1) in person and 2) telehealth

3. What was your experience like trying to find a genetic counselor? How do you think it would be for your clients and community members?

The site was easy to use with filter options for in-person or telehealth.
_____
Clients may need help navigating medical terms or making appointments, especially those
_____

with limited tech access.
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