

POWERED BY

INTELLIGENE
Q & A

GENERAL QUESTIONS

Q1: How will Fedhealth and Intelligene use my genetic test results?

A1: Your gene test results could be used by Fedhealth (in conjunction with your healthcare practitioner) to determine 1) whether your current chronic treatment is optimal for you specifically; 2) whether you are predisposed* to any diseases or conditions so you can take preventative measures; or, 3) to provide you with tailor-made diet and sports guidelines to suit your unique genetic makeup.

Q2: How can Fedhealth be certain that Intelligene won't sell my data to insurance companies for risk rating purposes?

A2: Fedhealth and Intelligene have entered into a service level agreement that sets out clearly what our members' genetic test results may be used for (see Question 1), and as dictated by law, the Protection of Personal Information (POPI) Act applies to your genetic information too.

Q3: Will you impose any medical exclusions on my membership should it turn out I'm predisposed* to certain illnesses?

A3: No, absolutely not. Our aim with the Intelligene partnership is to give you the best possible healthcare, not to penalise you! Should it become evident that you may develop a certain illness or condition, we will support you in taking the necessary steps to either avoid it all together, or to lessen its severity and impact on your quality of life. Scheme Rules and benefits will continue to apply.

Q4: What happens once I find out that I'm predisposed* to a certain disease?

A4: We recommend that, as a first step, you discuss your test results with your General Practitioner who will be able to make the necessary recommendations for you, whether it's lifestyle adjustments, medication or the recommendation of appropriate screening tests.

Q5: How will you help me overcome my predisposition* to a certain illness?

A5: Fedhealth has a range of specialised Managed Care programmes in place to help you prevent or manage health conditions. Your GP will be able to provide the motivation needed to get you registered on most of these programmes.

GENE TEST SPECIFIC QUESTIONS

Q6: How long will the delivery and/or collection of my Intelligene DNA kit take?

A6: Couriers will deliver the kits within two to three business days in main metropolitan areas and three to five business days in local and regional areas. Collection of Intelligene DNA kits is only done from Monday to Thursday, 08h00 to 17h00.

Q7: How long until I receive my test results?

A7: The laboratory process will determine how long it takes for results to be ready; it typically takes two to four weeks. You will receive an SMS and/or email notification once your results can be viewed.

Q8: If I initially did not purchase a feedback session, can I add one at a later stage?

A8: Yes, a feedback session can be purchased at a later stage.

Q9: If I initially purchased a report, can I buy additional reports afterwards?

A9: Yes, additional reports can be purchased at a later stage.

Q10: Would I need to purchase an additional Intelligene DNA kit?

A10: You will not need to purchase an additional Intelligene DNA kit as your DNA test results are securely stored.

Q11: Can I purchase more than one Intelligene DNA kit per person?

A11: No, you only need to purchase one Intelligene DNA kit per person who is being tested.

Q12: If I pay with my credit card, can I claim it back from Fedhealth?

A12: Yes, you can claim the costs back from your Fedhealth day-to-day savings benefit provided you have sufficient funds available. Intelligene will provide you with a detailed invoice indicating payment that you can submit to Fedhealth to claim.

Q13: How will I know if my results are ready?

A13: You will receive an SMS and/or email notification once your results are ready to be viewed. You will be able to access your results via the Fedhealth Family Room.

Q14: Is the Intelligene DNA kit easy to use?

A14: Yes, the Intelligene DNA kit comes with step-by-step instructions on how to use the swab for quick and easy cheek cell collection. Sample collection only takes a few minutes and is completely safe and painless.

Q15: Is there a minimum age for people who want to be tested?

A15: There is no minimum age for people interested in the Lifestyle Intelligene DNA Test, but it is recommended that people interested in the Pharmacogenetics Intelligene Test need to be 18 years and older.

Q16: Will my results be confidential?

A16: Yes, Intelligene is compliant with the Protection of Personal Information Act (POPIA) and your results will be handled as required by POPIA.

Q17: For how long will I be able to access my results?

A17: Your results will be available via the Fedhealth Family Room for as long as you are an active Fedhealth member.

TYPES OF TESTS AND REPORTS AVAILABLE FROM INTELLIGENE

Q18: What are the tests and reports that Intelligene can offer me?

A18: Intelligene offers the following:

- **Pharmacogenetics Test.** Get access to reliable and actionable recommendations on medications across cardiovascular, psychiatric, diabetic and other treatment areas. This valuable information can help your doctor optimise your medicine therapy plan, minimising potential side effects and treatment failure.
- **Lifestyle Feedback can assist with interpreting your results.** Schedule an online feedback session with an Intelligene professional for guidance on your lifestyle reports and test recommendations. Pharmacogenetic results should be discussed with your doctor or pharmacist.
- **Lifestyle Diet Report.** It is not a "one-size-fits-all" approach – optimal weight management needs to fit your unique genetic profile and test outcomes. Make informed choices and personalise your diet and supplement regimen for a more tailored approach to managing your weight and feeling your best.
- **Lifestyle Wellness Report.** Uncover valuable insights into your health and susceptibility to chronic diseases. With personalised recommendations for your lifestyle, diet and supplements, you can work on optimal health outcomes for a better quality of life.
- **Lifestyle Sport Report.** Get personalised and effective training recommendations based on your unique needs, maximising strength and endurance while minimising the risk of injury.
- **Predisposition* Report.** An essential tool for those seeking genetic assessment for high-risk diseases such as Familial Breast-Ovarian Cancer, Fabry's Disease and Brugada Syndrome. Consultation with a genetic counsellor is recommended.

* Please note: Testing for predisposition to certain conditions will only be available from the fourth quarter of 2023.