

ZOOM

 **FEDHEALTH**
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Genetic testing through Intelligene

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INTELLIGENE

No two patients are alike, and although they might share the same diagnosis, it's not to say that a one-size-fits-all treatment will have the same outcome for all.

Fedhealth is hugely excited about our partnership with Intelligene. This medical biotech company offers genetic testing to improve the efficiency of medication, mitigate health risks by identifying possible future illnesses, and even optimise an individual's lifestyle by pinpointing the nutrition and lifestyle best suited to their genetic makeup.

Why genetic testing?

Through the use of pharmacogenetics, or the study of how a person's genes affect the efficacy of certain medications, your health can be vastly improved.

- With the help of Intelligene testing, you will know ahead of time whether a specific medication is compatible with your genetic makeup or if there is perhaps a better-suited alternative. This way, it will help doctors proactively select or retroactively adjust medications and doses best suited for each person, which in turn could improve treatment success and reduce costs for the Scheme.
- Gene testing holds several other benefits, such as personalised nutritional analysis. Optimal weight management must fit a person's unique genetic profile and test outcomes. Through this programme, we can help our members to make informed choices and personalise their diet and supplement regimen for a more tailored approach to managing their weight and feeling their best. Testing, for example could reveal that a person's body doesn't process sugar properly, which means they're at a higher risk of developing diabetes. While they may feel healthy now, knowing this now means that they can make lifestyle changes to ensure that they don't develop diabetes in future.
- The programme also offers massive value to athletes or anyone looking to train and exercise better. Members will receive personalised and effective training recommendations based on their unique needs, maximising strength and endurance while minimising the risk of injury.



Through this partnership, Fedhealth is breaking more barriers by becoming one of the country's first open medical aid schemes to offer precision medicine-based genetic testing directly to our members.

CONTACT DETAILS

For more information, please visit fedhealth.co.za, or use the Fedhealth Family Room, WhatsApp service or Fedhealth Member App. You can also call the Fedhealth Customer Contact Centre on **0860 002 153**.

Disease Management : Europ Assistance : MVA Third Party Recovery Department : Fedhealth Baby
0860 101 306 : 0860 333 432 : 012 431 9718 : 0861 116 016

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Healthier members mean fewer and lower claims for the Scheme, so it's a win-win for all parties involved.

- As part of the pilot programme, Fedhealth identified a group of members currently using chronic medication to manage one of five specific conditions, including diabetes and hypertension. These members were offered free genetic testing to test for drug-to-person interaction to identify whether the drug they're using is managing their condition best.
- We are also in the process of offering gene testing to members with a specific claim history to see if they're at risk for contracting certain diseases.
- Fedhealth has negotiated a special rate for those members who voluntarily want to have gene testing performed. Tests for identified members are paid from Risk, while other members can claim this cost back from their day-to-day savings or MediVault.

How to make use of this benefit

- Members can simply log in to the Fedhealth Family Room and click on the "Intelligene gene testing" banner.
- From there, they can view the steps and purchase their testing kits at special discounted rates.
- Tests for identified members are paid from Risk, while other members can claim this cost back from their day-to-day savings or MediVault.

From better treatment outcomes for chronic patients to everyday South Africans looking to live healthier or even athletes in search of improved performance – this innovative partnership holds great value for all our members and the Scheme itself.



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