

Alpha-1 antitrypsin deficiency (AATD) testing:

Helpful facts to know before visiting your healthcare professional.

Now that you've discovered your risk for AATD from your AlphaID™ At Home Genetic Health Risk Service Report, you may want to know more. As a start, find answers to many common questions below, including what to expect from testing.



If I already learned my risk for AATD through the AlphaID At Home Genetic Health Risk Service Report, why do I need this test, too? The AlphaID At Home Genetic Health Risk Service Report identifies your risk level for AATD. It is not a diagnosis of AATD.

AlphaID™ CONFIRM is an FDA-cleared and laboratory-developed test for use by your healthcare professional to reach an AATD diagnosis. The AlphaID CONFIRM kit must be conducted by a healthcare professional and uses a fingerstick to determine the level of alpha-1 antitrypsin in your blood and establish your baseline level.



How is AlphaID CONFIRM performed? The free AlphaID CONFIRM kit contains a quick and easy fingerstick that takes less than 10 minutes for your healthcare professional to conduct in their office. Your healthcare professional mails your sample to an independent national lab for testing. The results are kept in the strictest confidence by the independent lab. Results are shared back to your healthcare professional.



Is the AlphaID CONFIRM kit really free? Yes. The kit and processing of AlphaID CONFIRM are free. The AlphaID CONFIRM kit is provided for free and may not be billed to patients or their insurers. There is no obligation to purchase or use any product or service offered by any manufacturer. If your healthcare professional or you decide to go to a commercial lab (eg, LabCorp or Quest) to get tested, check with your insurance company to understand the associated costs and coverage.



How long will it take to get my AlphaID CONFIRM results? Your test will be processed at an independent laboratory that specializes in AATD testing. Test results are returned to your healthcare professional within 10 days. Your results are kept completely confidential between you and your healthcare professional.



What is AATD? AATD is a rarely diagnosed genetic condition that can lead to serious lung disease. AATD is passed down from your parents through your genes.¹⁻²



How is AATD treated? If your healthcare professional diagnoses you with severe AATD, treatments are available* to increase the amount of alpha-1 antitrypsin in your blood. The only way to know if you have AATD is to get tested.

Not sure how to start a conversation about testing with your healthcare professional? Look on the other side for our Doctor Discussion Guide.


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*Talk to your doctor about possible treatment options.

¹American Thoracic Society; European Respiratory Society. American Thoracic Society/European Respiratory Society statement: standards for the diagnosis and management of individuals with alpha-1 antitrypsin deficiency. *Am J Respir Crit Care Med.* 2003 Oct 1;168(7):818-900.

²de Serres F, Blanco I. Role of alpha-1 antitrypsin in human health and disease. *J Intern Med.* 2014 Oct;276(4):311-35.

Here are some ways to get ready for your appointment.

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

*The AlphaID CONFIRM kit is provided for free and may not be billed to patients or their insurers. There is no obligation to purchase or use any product or service offered by any manufacturer.

†AlphaID CONFIRM contains as FDA-cleared and laboratory-developed test.



Start 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 AATD testing. Offer to send your AlphaID™ At Home Genetic Health Risk Service Report to the office in advance, as they may need time to read and review it before seeing you.

Suggested questions include:

- I have a report that says my lung risk is [insert risk level] for alpha-1 antitrypsin deficiency. Could you please let [name of healthcare professional] know that I would like to talk with them about getting tested?
- Could you please let [name of healthcare professional] know that I have my AlphaID CONFIRM kit with me today, and I'd like to be tested for alpha-1 antitrypsin deficiency? It's a simple fingerstick



Tell your healthcare professional about your risk for AATD.

Let your healthcare professional know that you have a genetic report that states you may be at risk for AATD.

- I completed the FDA-cleared AlphaID™ At Home Genetic Health Risk Service and my results state that my risk is [insert risk level] for lung disease linked to AATD. I ordered this free AlphaID CONFIRM kit. It's important that I find out if I have AATD or not
- My AlphaID At Home Genetic Health Risk Service Report showed that I am at risk for lung disease linked to AATD. One easy way to diagnose AATD is with a fingerstick that you can perform today. Everything you need is in this free AlphaID CONFIRM kit

Use this appointment checklist to help you get ready:

- ✓ Bring a printout of your report or download it electronically. It can provide a helpful place to jot down notes and questions you may have for your healthcare professional.
- ✓ Add an appointment reminder to your calendar and note to bring your AlphaID CONFIRM kit.
- ✓ Put your AlphaID CONFIRM kit in a place where it will be easy to remember to take it with you.
- ✓ On the day of your appointment, be sure to bring your AlphaID At Home Genetic Health Risk Service Report and all the contents in this package.

Your next step is to get tested.

If you want to find a healthcare professional with AATD testing experience, we can help you find one with our Find a Doctor tool. Visit AlphaIDCONFIRM.com/Find-A-Doctor to learn more.



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