

The WithHealth® Patient Story

Introductory emails, doctors' visits, actionable plans, logistical questions. From the very first moment a patient engages with our team, WithHealth is committed to making their experience positive, personal and proactive.

Rebecca Takes Control

Rebecca is 32 years old and currently single. She is starting to worry a little bit about whether she'll find the right partner and have children, but keeps reminding herself that she's had lots of friends get married in their mid-thirties and have their first kid at 40 or even later. In the meantime, she decides to take a proactive stance on her health – maybe she hasn't met Mr. Right yet, but she can at least make sure she's doing all she can to be ready when he does materialize!



As a WithHealth member, she has the ability to take a medical grade, accurate, and comprehensive genetic test. It analyzes over 400 genes in order to understand her chances of having significant health conditions, her body's response to hundreds of commonly prescribed medications, and help her identify wellness traits that can affect your daily well-being.

Rebecca is particularly interested in learning about her cancer risk (she has Ashkenazi Jewish ancestry on the paternal side, which may put her at a higher risk for breast cancer), as well as any fertility issues she may be facing. Upon testing, she learns several important things about her health in her Precision Care Visit with her WithHealth physician. The test breaks the findings down in clear, identifiable categories that are easy for her to understand. Her risks are as follows:

High risk:

- **BRCA1:** Hereditary Breast and Ovarian Cancer syndrome
- **F5:** Thrombophilia, susceptibility to venous thromboembolism

Moderate risk:

- **F5:** Recurrent pregnancy loss - Thrombophilia: susceptibility
- **AGT:** Preeclampsia: susceptibility
- **AGT:** Hypertension: susceptibility

Mild risk:

- **CFH:** Age-related macular degeneration: susceptibility
- **ADH1C:** Alcohol dependence: susceptibility

Risk:

- Wellness
- Drug response

Through her WithHealth membership, Rebecca is able to meet with primary WithHealth physician to create an effective action plan that includes specific steps to help her stay as healthy as possible. She is scheduled for annual mammograms and follow a hematology management plan, including weight management, compression stockings and counseling prior to birth control or pregnancy.

Rebecca is confident that she is doing all she can to stay healthy, catch any issues that might arise early, and that she has a team who is readily available and committed to her wellbeing who can help her navigate what comes next when she is ready to start planning for a family.