Genetic Presymptomatic and Predictive Testing for Adult-Onset Conditions in Minors

Introduction

Genetic presymptomatic and predictive testing of minors for adult onset conditions is addressed by this guideline.

Description

Inherited disorders display a range of symptom onset, from congenital to adult. Some adult onset conditions have surveillance or medical intervention recommendations that are initiated in childhood, while for others there is no change in medical management. The National Society of Genetic Counselors (NSGC) states that individuals should be able to make the decision to have testing for themselves, after understanding and assessing the risks, benefits, and limitations of the test. In their 2017 position statement entitled “Genetic Testing of Minors for Adult-Onset Conditions,” NSGC “encourages deferring predictive genetic testing of minors for adult-onset conditions when results will not impact childhood medical management or significantly benefit the child.”

According to the Genetics Home Reference, presymptomatic testing “can determine whether a person will develop a genetic disorder,” while predictive testing “can identify mutations that increase a person’s risk of developing disorders with a genetic basis.” Predictive testing should be limited to disorders for which the genetic contribution is strong. Testing of minors for genetic variants that are not causative but confer susceptibility to disease is not medically necessary; and therefore, is not reimbursable.

Certain individual medical circumstances (such as consideration of a minor for organ/tissue donation or pregnancy a minor with a family history of adult-onset disease) may present sufficient clinical utility to outweigh the criteria presented in this guideline. Such rare cases should be carefully considered on an individual basis.

Criteria

Introduction

Requests for genetic presymptomatic and predictive testing for adult-onset conditions in minors are reviewed using these criteria.
**Criteria: General Coverage Guidance - Benefit Exclusion**

Testing unaffected individuals (e.g. carrier testing, predictive testing, presymptomatic testing, etc) is a BCBSAZ benefit exclusion and, therefore, not eligible for reimbursement.

**Criteria: Test-specific Guidelines**

Test-specific guidelines are available for some tests that may be requested for minors. For tests without a specific guideline, use the General Coverage Guidance in Section 1.

**References**

**Introduction**

This guideline cites the following references.
