Genetic Testing to Predict Disease Risk

Description

Predictive genetic testing is performed in people known to be at increased risk of developing an inherited non-cancer condition (for the purposes of this guideline) based on their family history. For some conditions, a positive genetic test predicts with certainty that the person will eventually develop signs and symptoms of a condition. For other conditions, a positive genetic test result indicates an increased risk (susceptibility) for a condition. A negative result may rule out a condition, or lower the risk significantly. Having test results may improve medical management through improved screening, preventive measures, prophylactic medication, and other means.

- This guideline does not include testing of a symptomatic individual. Please refer to Genetic Testing to Diagnose Non-Cancer Conditions for that purpose.
- Predictive testing for hereditary cancer syndromes is addressed separately under Genetic Testing for Cancer Susceptibility and Hereditary Cancer Syndromes.

Criteria

Criteria: General Coverage Guidance

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 designed to predict disease risk. For tests without a specific guideline, use the General Coverage Guidance.