

Genetic Testing for Non-Medical Purposes

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Description

While most traditional genetic tests are used for clear medical purposes, advances in gene discovery and genetic testing technology allow laboratories to offer genetic testing for other uses. Testing for paternity, ancestry, general wellness, and non-disease traits such as baldness and eye color may be accurate or interesting; however, because these kinds of tests are not useful for medical management in the vast majority of cases, they are typically excluded from consideration.

Non-medical tests are usually offered as direct-to-consumer products and do not require a clinical evaluation or order from a healthcare provider. Common providers of such tests may include:

- 23andMe
- Ancestry.com
- everlywell
- Invitae
- HomeDNA
- Affinity DNA

Note:

This benefit/harm statement only applies to those jurisdictions that do not have Medicare guidance. Based upon the clinical policy, following EviCore's criteria for genetic testing for non-medical purposes will ensure that members will not receive testing that does not contribute to medical management decisions. However, it is possible that there will be a delay in care while providers search for an appropriate test with sufficient evidence (analytical validity, clinical validity, and clinical utility).

Criteria

Criteria: General Coverage Guidance

Any genetic test that **DOES NOT** meet the following criteria is excluded from consideration:

- **Technical and clinical validity:** The test must be accurate, sensitive and specific, based on sufficient, quality scientific evidence to support the claims of the test.
- **Clinical utility:** Healthcare providers can use the test results to provide significantly better medical care for the individual.
- **Reasonable use:** The usefulness of the test is not significantly offset by negative factors, such as expense, clinical risk, or social or ethical challenges.

Criteria:

The following types of testing are not considered medically necessary and therefore, not eligible for reimbursement:

- Genome-wide association studies (GWAS): testing a large number of genetic variations spread across the whole genome for disease associations, generally done for information outside of a specific clinical need or context
- Paternity testing: testing to establish biological relationships, often between a father and child(ren) but sometimes to determine other kinds of relationships (siblings, grandparents, etc.)
- Ancestry testing: testing that helps people discover more about the genetic make-up of their ancestors, generally used by genealogists and those interested in family history
- Nutritional testing: for variations in metabolism pathways that may suggest vitamin or other nutritional supplements
- Athletic ability or fitness: Testing to predict athletic performance types
- Genetic testing related to dating services
- Beauty care: testing for genetic variants to optimize beauty products, skin care ingredients or supplement selection