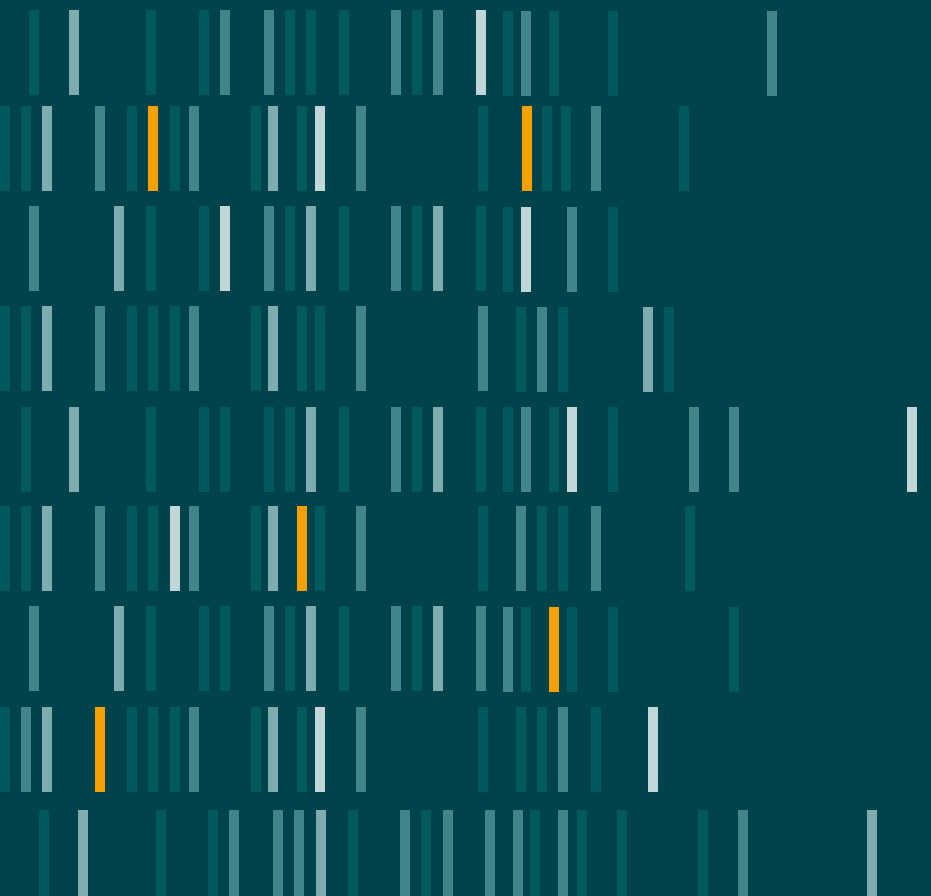
HIRSLANDEN PRECISE

PRECISION MEDICINE

REDEFINING HEALTH

PRECISION MEDICINE

AS UNIQUE AS YOU ARE



Advances in genomic and molecular medicine enable us to make significant and lasting changes to human health. With more precise predictions, personalised prevention and early detection as well individual disease treatments.

WELCOME TO HIRSLANDEN PRECISE

WHAT IS HIRSLANDEN PRECISE?

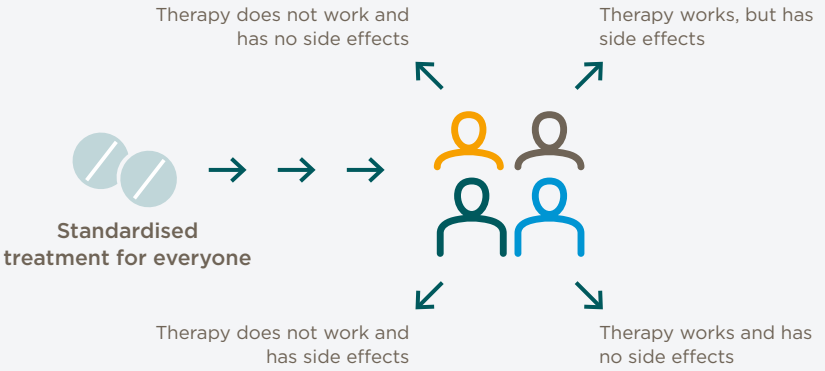
Hirslanden Precise is the new offer for precision medicine in Switzerland.

With Hirslanden Precise, we offer a comprehensive range of genetic medicine. Thanks to innovative methods, professional advice and support for prevention, early detection, diagnostics and therapy, we improve people's quality of life – based on their unique genetic requirements. Personalised and sustainable.

Hirslanden Precise is characterised by a holistic, quality-oriented range of services with fast, comprehensive and reliable test results and personal advice. We also offer the best treatment path within our integrated supply network. We personally accompany our patients on their journey through life.

Our offer provides certainty about and self-determination in respect to your own health and personal well-being. Our patients learn "what is good for their body", how they can maintain their health and performance, or improve or restore them with the best, individually tailored treatment.

Classical medicine



Precision medicine

Precision medicine takes into account the individual genetic requirements of people. In contrast to the traditional approaches in medicine, it makes more precise and efficient forms of diagnosis and therapy possible. In this way, patients with the same diagnosis receive individually tailored therapy rather than the same therapy. Therefore, precision medicine aims to offer every patient a tailored therapy at the right time.

OFFER

Hirslanden Precise offers services in the following areas:

Personalised diagnostics

Treat illnesses individually

In this field, genetic tests are carried out if someone is already sick and the disease is believed to be genetic in nature. The aim is to identify or exclude the genetic causes, to enable a reliable diagnosis and to support appropriate therapy. We focus in particular on common diseases such as cardiovascular disease or cancer.

Personalised prevention

Recognise risks

Genetic tests are also used to clarify the presence of a predisposition to the disease, ideally before clinical symptoms appear. The focus here is on prevention, early detection and timely treatment or family planning. In families with a known gene mutation, genetic testing will determine with certainty whether a family member has inherited the mutation or not. If the variant is detected, appropriate preventive measures and/or suitable therapy can be initiated from an early stage. It is important to create an individual prevention plan in the process. Genetic examinations can also be used for the exact choice of drug therapy (pharmacogenetics).

Personalised development

Improve quality of life

Aside from the diagnosis and treatment of diseases, genetic analyses can potentially help to improve patients' well-being. For example, they can provide information on how personal performance or eating habits can be optimised. Patients with a genetic variant can thus plan their lives better and deal with their condition. As soon as a clear relationship between the genetic findings and lifestyle has been proven, we will include this area in our offer.

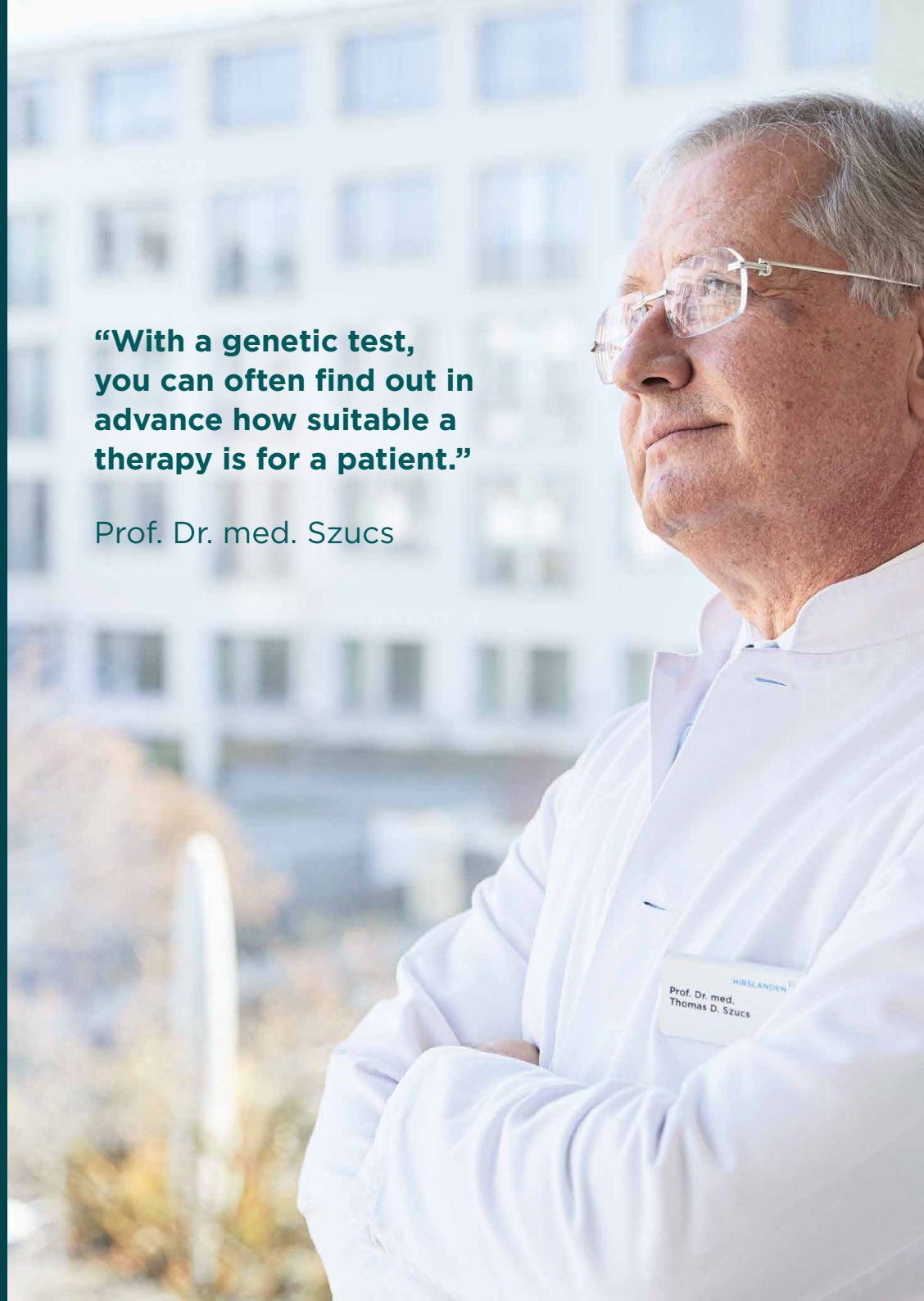
Detailed information about the offer:

USE OF GENETIC TESTS

When is genetic testing recommended?

- If a patient is already ill and the disease is deemed to be genetic in nature.
- To confirm a diagnosis or to create the conditions for the right therapy.
- To determine a carrier for a hereditary disease with regard to life or family planning.
- To detect a gene mutation in healthy family members with a proven hereditary mutation to reduce the risk of the disease to be determined and depending on the findings to recommend appropriate preventive measures.

Case-based professional genetic counselling makes it possible to decide whether a genetic test is worthwhile.



BENEFITS OF HIRSLANDEN PRECISE

What are the benefits of our offer?

Comprehensive support from a specialist

Simple sampling by taking blood or a buccal swab

Faster test results

High accuracy and security

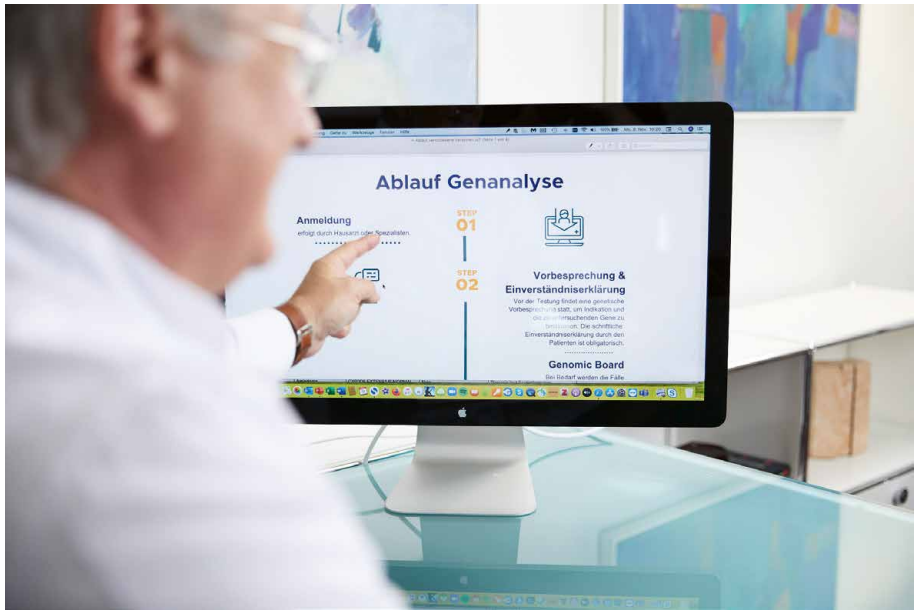
- Possibility of a reliable diagnosis and a more precise prognostic assessment of the course of the disease.
- Improvement of the treatment results thanks to the specific choice of therapy and its early commencement.
- Valuable information and professional interdisciplinary support in order to lead and maintain an autonomous life.
- Complete certainty about the future of personal health.
- Sustainable knowledge of what is good for the body, how health can be maintained or improved with individual treatment.

“Analysing the genetic information means that we can make more precise diagnoses and thus develop more targeted therapy options.”

Prof. Dr. phil. nat. Gallati

PROCEDURE

The process of a genetic test is very easy for patients. The decisive factor is individual advice from our experts before and after a genetic test. In this way, we ensure that the mere laboratory analysis does not lead to false conclusions on the part of the patient.



STEP 01

Registration

Done by the family doctor or a specialist.

STEP 02

Preliminary discussion & approval

Before the test, a preliminary genetic discussion takes place to determine the indication and the genes to be examined. Written consent from the patient is mandatory.

Genomic board

If necessary, the cases are discussed by specialists from a variety of disciplines and recommendations are made.

STEP 03

Sampling

A blood sample is taken by qualified personnel and sent to the laboratory. Depending on the situation, buccal swabs can also be used.

STEP 04

Laboratory analysis

The samples are analysed in the certified laboratory with specialised genetic methods and visualised on the computer with the help of bioinformatic programmes. The analysis time is between 1 and 4 weeks, depending on the genetic diagnosis.

STEP 05

Evaluation & reporting

The commissioning doctor receives the results in the form of a written report. The patients receive a copy of the report after the findings have been discussed.

STEP 06

Genetic advice & individual treatment recommendations

The expert in genetic medicine explains the analysis results in an interview so that there are no misinterpretations. On the basis of the genetic results, further care is provided by the family doctor or specialist. Depending on the situation, further individual diagnostic and/or therapeutic measures are suggested.

QUESTIONS & ANSWERS

What is particularly important in a genetic test?

Clear questioning is essential for genetic testing. A doctor needs to know exactly what he or she is looking for and always assess the genetic findings in the context of a patient's symptoms. There are various ways of doing this. In addition, every genetic examination must be accompanied by genetic counselling.

Is there always an unambiguous result?

The more genes you look at, the greater the probability of encountering an unknown gene variant that has not yet been described. In such a case, this is known as a variant of unclear clinical significance. With different software and tools, we then try to find out whether it is more of a benign variant or a disease-causing variant. If the finding remains unclear, we recommend re-evaluating it in one to two years, as new findings are constantly being made.

What happens if, by chance, another disease is discovered during a genetic test?

The more genes you investigate, the greater the probability that you will find a pathogenic variant that is not related to the primary clinical question. However, in this case, patients always have the right not to know.

What are the costs and conditions for a Hirslanden Precise analysis?

The costs of a genetic test depend to a large extent on the complexity of the analysis and range from a few hundred to several thousand Swiss francs. Tausend Schweizer Franken.

Are the costs covered by health insurance?

Genetic analyses are covered by compulsory health insurance if they are classified as mandatory. In this case, according to Article 25 paragraph 1 KVG, they must be used to diagnose or treat an illness and its consequences.

The genetic counselling, like any other medical service, is billed via Tarmed. The tariff for the position "genetic counselling" corresponds to the basic tariff for a general medical consultation.

How secure is the personal information?

We are fully aware of the high sensitivity of genetic data. Security and privacy are our top priorities.

We operate in a strictly regulated environment. Both the Federal Act on Data Protection (FADP) and the Federal Act on Human Genetic Testing (HGTA) form the legal framework and stipulate how the data should be handled and how this data must be protected.

It goes without saying that Hirslanden Precise is guided by these framework conditions. Our patients' data is stored exclusively in Switzerland in accordance with the requirements and is kept for 30 years in accordance with the maximum required retention period.

Is Hirslanden Precise ethically justifiable?

Yes, because the legal basis alone, which we always use as a guide, is very strict in Switzerland. The aim of the HGTA is to prevent misuse of genetic testing or data and to ensure the quality of genetic testing. The focus is always on the right to self-determination of every person. The right to know and not to know is of great importance. The protection of people incapable of judgement – including children – is also extensively regulated. For example, genetic tests may only be carried out on children if the child's health is acutely affected. The situation is different with hereditary diseases, for example, which can only appear in adulthood. In this case, parents are not allowed to order a genetic test as a precaution to assess the risk. This is only possible when the child becomes capable of judgement and can therefore give his or her own consent.

CONTACT

We will gladly answer any questions you may have:

hirslanden.precise@hirslanden.ch
+41 44 386 45 44
www.hirslanden.ch/precise