

# hATTR Compass Program: Map Your Genetic Journey

If you are considering genetic testing and genetic counseling through the hATTR Compass Program, you can use this timeline to track where you are in your hATTR Compass Program journey and understand what options and resources are available to you at each step in your journey.



**STEP ONE**

## Could it be hATTR amyloidosis?

Visit [www.hATTRChangeTheCourse.com](http://www.hATTRChangeTheCourse.com) to learn about the hereditary nature and symptoms of hATTR amyloidosis.

**Tip:** Download several helpful tools and tips for patients and caregivers.



**STEP THREE**

## Order an hATTR Compass Program Kit Online:

Visit [www.hATTRCompass.com](http://www.hATTRCompass.com) to order a free hATTR Compass Kit in the mail.



**STEP FIVE**

## Analyze DNA:

Once the lab receives the kit, the DNA samples are analyzed to identify any genetic mutations. A report is sent to the doctor and genetic counselor within 2 – 4 weeks.



**STEP SEVEN**

## Make a Plan:

Doctors and patients can work together to make a healthcare management plan based on the results. There are many resources available to help you learn more about hATTR amyloidosis and support options. Try these:

- **Doctors:** Learn more about confirmatory diagnostic tests at [www.hATTRGuide.com](http://www.hATTRGuide.com).
- **Patients:** Find tips for living with hATTR amyloidosis at [www.hATTRChangeTheCourse.com](http://www.hATTRChangeTheCourse.com).



**Support Resources are available to you every step of the way**

### Staying connected through Backpack Health

Backpack Health is a mobile and web-based app that helps patients keep track of their symptoms, procedures, diagnostic tests and ongoing treatment for hATTR amyloidosis. The tool also makes it easy for individuals and families navigating the hATTR amyloidosis journey to share important medical information with healthcare professionals. Access to the app is complimentary for patients with hATTR amyloidosis at [join.backpackhealth.com/hATTRCompass](http://join.backpackhealth.com/hATTRCompass).

### There are many resources available to support patients and their doctors through the genetic testing process by providing support, guidance and additional resources:

- [Amyloidosis Research Consortium](#)
- [Amyloidosis Foundation](#)
- [Amyloidosis Support Group](#)



**STEP TWO**

## Find Answers with the hATTR Compass Program:

Akcea Therapeutics and Ambry Genetics are partnering to offer **anonymous, no-cost genetic testing and confidential genetic counseling** to patients suspected of having or clinically diagnosed with hATTR amyloidosis through the hATTR Compass Program.

Visit [www.hATTRCompass.com](http://www.hATTRCompass.com) to learn more.



**STEP FOUR**

## Collect DNA Samples:

Using the kit, patients should work with their doctors to collect blood or saliva samples and fill out the included Test Requisition Form. Follow the instructions provided to submit the kit for analysis.



**STEP SIX**

## Understand Your Results:

Genetic counselors are available to discuss the genetic testing results with you and answer any questions you may have.

- **Doctors:** Ambry Genetic Counselors are available to answer your questions. Contact **+1 (949) 900-5500**
- **Patients:** Genetic counseling is available through PWNHealth. Contact **+1 (888) 494-7333**