TIPS FOR TALKING TO YOUR HEALTHCARE PROVIDER ABOUT THE AMPLIS™-MENTAL HEALTH TEST

A good patient-clinician relationship should work like a partnership. Take an active role in finding the solution that works best for you.

Here are some tips to help you build a partnership with your doctor to get the genetic insights that may be helpful in your treatment. Start the conversation about the Amplis™-Mental Health test today.

Be Prepared: Take along any information the doctor or staff may need to see, like names and contact information of your other clinicians, medical records showing past or current medications and this HeadStart Genomics Doctor Discussion Guide.

Be Open and Confident: Don’t be afraid to share how your current mental health treatment is working for you and where it may be falling short.

Bring a Friend: The support of a friend or family member can help facilitate the conversation with your doctor and help act as a co-advocate for your care at your next appointment.

Discuss Ordering the Test: If you believe the Amplis™-Mental Health test is right for you, discuss the next steps with your doctor. Both you or your doctor can order the test for you. You and your doctor can discuss your test results at your next appointment.

Use these tips to prepare for your visit and share the accompanying materials with your doctor.

Fast track your recovery.
PREPARING FOR YOUR AMPLIS™-MENTAL HEALTH TEST DISCUSSION

First and foremost, remember that your doctor is on your side. You both want what’s best for you, and helping you successfully manage your condition is everyone’s top priority. So just be open and honest.

To make the most of your time spent with your doctor, take a moment to list your current and past medications, as well as your concerns about them. Prior to your appointment, please request and bring along any prior medical records from other doctors you may have seen in the past.

List the medications you and your doctor have tried.

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______________________________________________________________________________
______________________________________________________________________________

What side effects (if any) are you currently experiencing?

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Three things to know about the Amplis™-Mental Health test

- The results of the test can help your doctor prescribe a genetically optimal medication and avoid medications that may cause side effects or be less likely to work.

- Patients whose treatment was guided by the Amplis™-Mental Health test experienced significant improvement in remission and response compared to treatment as usual.

- After we receive your sample, you and / or your doctor will typically get test results within 3-5 business days.

For your healthcare professional

To order the Amplis™-Mental Health test, visit our website at headstartgenomics.com/shop. For more information or to see if the Amplis™-Mental Health test is right for your patient, contact us at info@headstartgenomics.com or visit our website at headstartgenomics.com.
Welcome

Your patient has downloaded these materials to help facilitate a discussion with you about potentially using the Amplis™-Mental Health test to assist you in guiding their treatment.

What is the Amplis™-Mental Health test?
The Amplis™-Mental Health test is a clinically proven, genetic-based decision support tool that analyses clinically important genetic variations that may affect your patient’s response to psychiatric medications.

With the first positive clinical trial for antidepressant treatment, evidence indicates Amplis™-guided treatment can double the likelihood of recovery:¹

For a commonly prescribed antidepressant, Desvenlafaxine or Pristiq, our concordance study shows over 85% accuracy, specificity and sensitivity.²

Co-occurring conditions
Depression is commonly associated with chronic diseases. Individuals diagnosed with common chronic conditions such as heart disease, arthritis, pain disorders, and chronic lung disease are at increased risk for developing depression. Individuals diagnosed with depression, are at increased risk for developing chronic conditions such as heart disease and diabetes. Amplis™ provides genetic guidance for the better management of these co-occurring chronic conditions.

Incorporated medication classes
Amplis™ expands medication guidance from leading antidepressant guidance to expanded guidance for Geriatrics, Primary Care, Neurology, Internal Medicine, Psychiatry and more:

Antipsychotics | Anxiolytics | Mood stabilisers | Hypnotics | ADHD | Alzheimer's | Cardiology | Endocrinology | Pain medicines | Gastroenterology medicines

ONE REPORT.
PERSONALISED FOR YOUR PATIENT.

The Amplis™-Mental Health test report can help you select a genetically optimal medication for your patient and avoid medications that may cause side effects or be less likely to work.

**Leading blood-brain-barrier knowledge**

The blood-brain-barrier is a filtering system of the small blood vessels that carry blood to the brain and spinal cord tissue, blocking the passage of certain substances.

**Amplis™ leverages a world-leading understanding of how genetics influence the ABC transporter pumps in this system.**

**Genes analysed**

ABCB1 | ABCC1 | ANNK1 | CYP1A2 | CYP2B6 | CYP2C19 | CYP2C9 | CYP2D6 (inc CNV) | CYP3A4 | CYP3A5 | CYP4F2 | F2 | F5

GRIK4 | HTR2A | MTHFR | OPRM1 | SLCO1B1 | UGT1A1 | VKORC1

**Case Examples**

**Polypharmacy** - With over 37% of older Australians taking five or more medications and up to an estimated 30% of all hospital admissions in the population aged 65 and over being medication related, polypharmacy issues are on the rise. Amplis™ report reduces the likelihood of adverse drug interactions and provides you with medication risks based on your patient’s genetics and lifestyle factors to help guide your prescription decisions.

**General Medical Conditions** - The leading cause of disability worldwide. Moreover, depression is a common co-occurrence with other mental health conditions such that 54% of Australian adults with schizophrenia have comorbid depression. Amplis™ is based upon a cutting-edge knowledge of both liver and blood-brain-barrier metabolism to help you find more effective medications fast.

**Mental Health Conditions** - 80% of patients with diabetes and 45% with coronary artery disease will experience depression but it can take months to find relief. Amplis™ Report provides you with an analysis of your patient’s medication profile to fulfill your prescriber needs.

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For your healthcare professional

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AmplisTM
Pharmacokinetic Genetic Variation

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Evidence-based | easy to use | unmatched guidance

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