

Manulife

Personalized Medicine program

Find the most suitable drug for you.

Your genetics play a big role in how you respond to drugs. Personalized Medicine uses a simple genetic test to help doctors understand how you will respond to medication. It reduces the trial and error and helps you avoid any potential side effects. Keep reading to find out if Personalized Medicine is right for you.

80% **of people in the Personalized Medicine program changed their medication or dosage.[1] These changes can lead to better health outcomes.**

86% **self-reported improvement in mental health symptoms.[2]**

What is Personalized Medicine?

Personalized Medicine is about learning how your genetics can affect your response to medication. And it might be included in your benefits plan.*

It involves a pharmacogenetic test. This is a type of test that identifies how you may respond to medications. Your results are only seen by you, the Canadian company that runs the test (Personalized Prescribing Inc.), and anyone you give consent to share your results with - such as your doctor.

To do the test, you submit a small saliva sample. A pharmacist from Personalized Prescribing Inc. will look at your genetics in the sample and create a report for you and your doctor, if you consent to share your results with them.

This report shows which drugs are more likely to help and which may have side effects. It may also recommend changes to your medication. Your doctor can use these results to help prescribe the right drug for you at the right dose.

[1] Manulife Personalized Medicine Program (Pharmacogenetics) 2023-current
[2] Manulife Personalized Medicine Program (Pharmacogenetics) 2023-current
* Personalized Medicine is offered as an add-on to extended healthcare (EHC) benefits for members and their covered family members. Check your group benefits plan to confirm your eligibility.

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When should you consider taking a pharmacogenetics test?

Consider Personalized Medicine if you are:

- starting a new medication, or
- taking a medication that isn't working, or
- taking a medication that's causing side effects.

What conditions are covered by the test?

- a mental health condition, such as depression or anxiety
- chronic pain
- neurological conditions
- attention deficit hyperactivity disorder (ADHD)

Benefits

- Convenient access to advanced pharmacogenetic testing
- Helps find the most effective medication fit
- Reduces time and side effects from trial-and-error by finding the right medication
- Helps you live a healthier life sooner

Learn more about Personalized Medicine **here** or speak with your doctor.



The Manufacturers Life Insurance Company

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