

# A PERSONALIZED MEDICINE PROGRAM DESIGNED FOR YOU

Teachers' Retirement System  
of the State of Kentucky

## What's Being Said

“DNA testing provides peace of mind by revealing how an individual's genetics impact medication safety and effectiveness. Participating members can receive personalized medication reviews with a pharmacist and gain insights to make informed choices, enhancing confidence in their medication decisions.”

– *KYRx Pharmacist*

“The DNA results revealed one of my medications may be causing side effects. After discussing the results with the pharmacist and listing various problems I had experienced since taking the cholesterol meds, the pharmacist contacted my physician who lowered the dosage. The side effects disappeared after a few days. The program really helped me.” – *Participating Retired Kentucky Teacher*

“The pharmacist noticed that I was on thyroid medicine and also took supplements that could interact with each other. So, he recommended taking my thyroid medication first thing in the morning, and then not taking any other meds, supplements, or food for 30 minutes or longer. It has made a HUGE impact on my energy throughout the day! We're so thankful for this study, and for it being provided by our insurance!” – *Participating Retired Kentucky Teacher*

## Enrollment

Participating in this program is free and can be done from the comfort of your home. To enroll, or for more information: Call InformedDNA toll-free at 888-454-9024, Monday – Friday, 9 a.m. – 5 p.m. ET. You'll be asked for your current mailing address, date of birth, and about certain lifestyle factors, food, and drinks that are known to impact the effectiveness of your medications. You also may be hearing directly from InformedDNA, if you haven't already, to encourage you to participate.



## Personalized Medicine Program for Retired Teachers of Kentucky

The Teachers' Retirement System of the State of Kentucky (TRS) offers a cutting-edge medication safety program under TRS' Medicare Eligible Health Plan (MEHP). This personalized medicine program uses DNA testing to help your doctor ensure your medications are safe and beneficial for better health outcomes for you. Unlike many genetic tests available today, this one does not look at all of your DNA and only focuses on the genes that help ensure the medicines you are prescribed work for you. Without this program, medications may be prescribed that will not work with your DNA. **For those who are covered under the MEHP, participating in this program is free and can be done from the comfort of your home.**

TRS has two partners in this program: **the Know Your Rx Coalition (KYRx) and InformedDNA.** Together, TRS partners work with you and your physicians to best manage your medication therapies. Though participation is optional, we and TRS are confident that the results – which you'll be able to use the rest of your life – will benefit your health and could save you money.

### A Real Personalized Medicine Story

Early in the program, a TRS member was prescribed a blood thinner after having a stroke. While on that blood thinner, the member had a mini-stroke. The member decided to take the DNA test, covered under TRS's health plan. Results showed the member had a DNA variation that impacted the blood thinner. The review with the pharmacist also found that the blood thinner did not interact well with the member's stomach medicine. The KYRx pharmacist worked with the TRS member and doctor to change to a different blood thinner, leading to improved health and well-being.

### Program Success

More than 9,000 of your retired teacher peers have already taken advantage of this benefit by having their DNA tested. The results are amazing! As a result of this program:

- 100% of participants had at least one variant known to impact medication therapy outcomes.
- 66% had genetic risks detected in a currently prescribed medication.
- 14.9% decrease in hospitalizations.
- 6.8% decrease in emergency department visits.
- 1.9% decrease in outpatient visits.
- Direct medical charges were reduced by \$218.34 per member per month.



### Your Privacy is Protected

As a participant in the TRS MEHP, you may receive communications from time to time that may include text, traditional mail, email, and interactive voice response. Each communication will feature the option to opt-out. Your information will not be sold to any third-party providers.

Your DNA information never will be shared with TRS and will not impact your TRS coverage or benefits. The DNA testing results are confidential and maintained securely, just like any other medical record. InformedDNA works with the Know Your Rx Pharmacy Coalition to provide an analysis of your DNA and will maintain your healthcare information in accordance with the Health Insurance Portability and Accountability Act (HIPAA). If you choose, you may allow your results to be used – with your identifying information removed – in medical research.