

Monogenic Diabetes Genetic Testing

Things to consider

- The process largely depends on person's health insurance
- We suggest trying to go through insurance first, as insurance may cover this test. Every insurance company works differently. Some may require a pre-authorization or pre-determination letter. Even in cases where insurance denies testing coverage the first time, we have seen many providers have success in appealing that initial denial.
- There are many different types of monogenic diabetes tests. Be sure to check the actual test link to see if that test covers the gene(s) of interest.

Clinical Genetic Testing with Health Insurance Coverage

1. Call the number on the back of your health insurance card and ask if they cover "MODY [or Neonatal Diabetes, if applicable] or Monogenic Diabetes Genetic Testing".
2. If your insurance covers testing, your healthcare provider can proceed with ordering it through an approved laboratory
 - A. Ask your insurance company if there is a specific lab that you are required to use to get this testing completed
 - B. If your insurance does not fully cover the cost, or if you do not have insurance, please refer to research-based genetic testing.
 - C. Self-pay is also an option. Some companies offer the option for a patient to pay out-of-pocket for the testing. The cost varies by company, but for example, some companies charge approximately \$250.
3. If your insurance covers testing, but needs prior authorization from your doctor before moving forward please reach out to your doctor's office and request prior authorization
 - A. Ask your insurance company if they have a specific prior authorization form for your doctor to complete and provide it to your doctor
 - B. If they do not have a form we can provide a prior authorization letter template that your healthcare provider can modify. Please reach out to monogenicdiabetes@uchicago.edu for more information
4. If your doctor is unsure on how to proceed with ordering the test, call the laboratory and ask how they would like to receive the DNA sample and if there are any documents that need to be completed by you or your doctor. The most common sample types include saliva or blood. Two options that may be available to provide your sample are:
 - A. The laboratory could send your doctor a kit including tubes for collecting your blood, saliva, or buccal (cheek swab) kits as well as a FedEx envelope for shipping the sample to the lab.
 - B. The laboratory can send you a kit including saliva or buccal (cheek swabs) and a FedEx label to ship back to the lab.
5. The test may take several weeks to complete and each lab has a different turnaround time

- Please review your genetic testing report with a professional trained in monogenic diabetes. If you would like to reach out to our research team to ask any questions please reach out at monogenicdiabetes@uchicago.edu.

Clinical Laboratories

Below is a list of some clinical laboratories that offer testing for monogenic diabetes. This list is not exhaustive.

University of Chicago Genetic Services Laboratory: While this lab is housed at the University of Chicago, it is separate from the University of Chicago Monogenic Diabetes Registry

- Monogenic diabetes panel: <https://dnatesting.uchicago.edu/tests/monogenic-diabetes-panel>
- MODY panel: <https://dnatesting.uchicago.edu/tests/mody-panel>
- Comprehensive neonatal diabetes panel: <https://dnatesting.uchicago.edu/tests/comprehensive-neonatal-diabetes-mutation-analysis>

Washington University Genomics and Pathology Services: <https://gps.wustl.edu/patient-care/diabetes-and-er-stress/>

Labcorp: <https://www.labcorp.com/tests/630513/maturity-onset-diabetes-of-the-young-mody-expanded-genetic-panel>

Invitae: <https://www.invitae.com/en/physician/tests/55001/>

- Offers a \$250 self-pay option: <https://www.invitae.com/en/providers/billing>

Ambry: <https://www.ambrygen.com/clinician/genetic-testing/50/exome-and-general-genetics/maturity-onset-diabetes-of-the-young-mody>

Blueprint: <https://blueprintgenetics.com/tests/panels/endocrinology/mody-panel/>

Athena: [https://www.athenadiagnostics.com/view-full-catalog/m/monogenic-diabetes-\(mody\)-evaluation](https://www.athenadiagnostics.com/view-full-catalog/m/monogenic-diabetes-(mody)-evaluation)

GeneDx: <https://www.genedx.com/tests/detail/maturity-onset-diabetes-of-the-young-mody-panel-870>

- Offers a \$250 self-pay option: <https://www.genedx.com/tests/billing#!#self-pay>

Research Based Genetic Testing

University of Chicago Genetics of Diabetes Study:

This is a research study that allows us to collect saliva/blood samples to perform research-based genetic testing for persons who cannot get coverage by their insurance company. There are important differences between research-based genetic testing and clinical genetic testing. Interested participants should start by completing a registration form here https://cri-app02.bsd.uchicago.edu/monogenics/registration_2013.aspx or emailing our team at monogenicdiabetes@uchicago.edu to see if they meet study inclusion criteria.