

Genetic Counseling Referral Guide

QUICK REFERENCE FOR PROVIDERS & OFFICE MANAGERS



WHEN TO CONSIDER A REFERRAL

Hereditary cancer risk, cancer diagnosed under 50; multiple primary cancers; ovarian, pancreatic, or male breast cancer at any age; 3+ relatives with related cancers; known familial variant (e.g. BRCA1/2).

Cardiovascular, sudden cardiac death or unexplained death under 50 in the family; cardiomyopathy, arrhythmia syndromes, aortic aneurysm/dissection under 60; very high cholesterol suggesting FH.

Connective tissue, joint hypermobility with chronic pain, frequent dislocations, poor wound healing, or suspected Ehlers-Danlos/Marfan features.

Neurogenetics, early-onset dementia, ataxia, neuropathy, or a family history of Huntington disease or similar conditions.

Medication response, repeated medication failures or unusual side effects (antidepressants, pain management, cardiology), pharmacogenomic testing may help.

Family planning, preconception carrier screening; a prior child or family member with a genetic condition; recurrent pregnancy loss.

Unexplained symptoms, multi-system complaints without a unifying diagnosis; normal labs but persistent concerns; suspected inherited allergic/mast-cell issues.

Results review, abnormal, uncertain (VUS), or direct-to-consumer (23andMe, Ancestry) genetic results the patient needs interpreted.

HOW TO REFER

- 1 Fax a referral to **208-252-7511**.
- 2 Include patient **name, DOB, contact info, and reason** for referral.
- 3 Patient is seen by telehealth **within 1-2 weeks**, no waitlist, no strict criteria.
- 4 With patient consent, a **full clinical report** is sent back to you with findings and recommendations.

WHAT YOUR PATIENT CAN EXPECT

They'll meet one-on-one with a **board-certified genetic counselor** by secure telehealth, from home, no travel needed.

The first visit reviews personal and family history and discusses whether genetic testing makes sense. **Testing is never required.**

If testing is right, most kits are a simple **at-home cheek swab** with prepaid return shipping.

Payment is direct; **HSA/FSA accepted** and superbills provided. A free 10-minute discovery call is available first.

ABOUT EMPOWER GENETICS

Empower Genetics is an independent, telehealth-first genetics practice serving patients and referring providers across Idaho, Utah, and Oregon. Founded and led by board-certified genetic counselor **Jordan Rausch, MS, CGC**, the practice gives your patients unhurried, personalized guidance, assessing hereditary risk, coordinating appropriate testing, and interpreting results in plain language, without the long waits or rigid criteria of traditional genetics clinics.

Questions about a patient? Talk directly to the genetic counselor.

Jordan Rausch, MS, CGC · Board-Certified Genetic Counselor

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