

# You got your **OneTest**—What's Next? What should I do with my results?

Your Result



## Low Risk

The tumor biomarker patterns in your blood sample showed low risk. In our database, only 0.3% of individuals with similar results were projected to have cancer within 12 months.

### Repeat Testing Recommendations:

Repeat OneTest in 12 months. If individual biomarkers are elevated past the reference range, consult your PCP and consider re-testing those markers.

Sometimes biomarkers are elevated due to benign conditions. For more info:



Your Result



## Mildly Elevated Risk:

The OneTest detected Tumor Biomarker patterns may be associated with mildly elevated cancer risk in your blood sample. In our database, 2.2% of individuals with similar results were projected to have cancer within 12 months.

**Imaging isn't your only option to follow up on a Mildly Elevated result. Other follow up paths to consider are re-testing any individual markers that were elevated, repeating with OneTest Premium to potentially specify the organ, and organ specific tests like fecal occult blood testing.**

**Follow up testing is just one thing you can do. Your cancer risk and biomarker levels can be lowered by improving your lifestyle, diet, and exercise.**

### Repeat Testing Recommendations:

High/Elevated Biomarkers: 2-4 months | Low Biomarkers: Within 6 months

Your Result



## Moderately Elevated Risk

The OneTest detected Tumor Biomarker patterns that are associated with moderately elevated cancer risk in your blood sample. In our database, 10.2% of individuals with similar results were projected to have cancer within 12 months.

**The moderate result is uncommon, and after receiving this result your first action should be to immediately set up an appointment with your PCP. Many patients have pursued non-invasive imaging such as MRI, CT, or ultrasound after this result to catch cancer early.**

### Repeat Testing Recommendations:

High/Elevated Biomarkers: Within 1 month | Low Biomarkers: Within 3 months

Consult with your healthcare provider for any information or instructions about significant biomarkers elevations.



Screening for cancer. **OneTest**<sup>TM</sup> at a time.



Want to take steps to lower your cancer risk?

Find evidence-based  
lifestyle interventions here:



Questions/Concerns about results?

Call Zachary Zeller: 315-854-3847

## Pathway to Outcomes

Result	Retest with OneTest standard in 1yr	Retest with OneTest Premium in 6 mos	Retest with OneTest Premium in 1-3 mos	Keep up with standard screenings (ie, mammogram, colonoscopy, etc).
Low	✓		✓	✓
Mild	✓	✓	✓	✓
Moderate	✓	✓	✓	✓

7-10 days after your OneTest is received back at the lab, you will receive an email to change your temporary password. Once changed, you will be able to retrieve your results from the portal.

\*If more follow-up is needed, you will be directed to follow up with your primary care provider for additional care.