

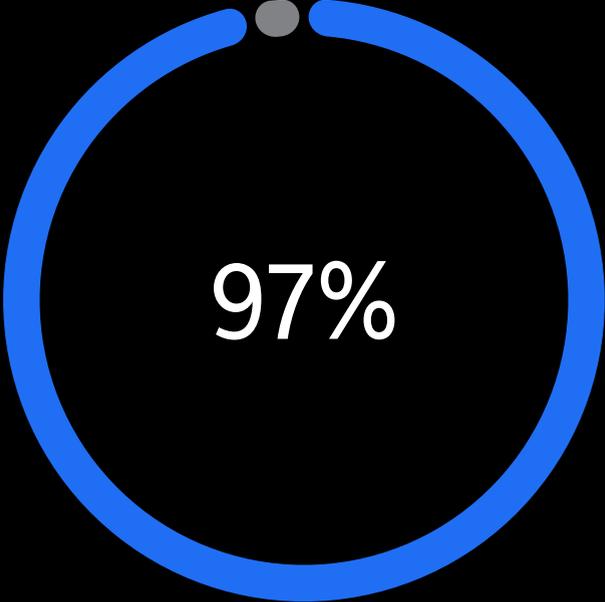
## Personalize your mental health treatment

Ask your provider about Tempus to discover how your genetics may impact your response to medications and to track information related to your mental health.

### How might genetic testing impact my treatment?

Medications are not one-size-fits-all. Did you know that your genes play an important role in how your body interacts with different medications? In fact, more than 97% of patients that received a Tempus genetic test had results that indicated a potential impact to treatment or non-standard medication dosing recommendation.<sup>1</sup>

Understanding your genes may help your provider choose the best medication for you and may help reduce the risk of side effects. Research has shown that the use of a genetic test to inform depression treatment can be almost 2 times more effective than treatment as usual to achieve improvement in your symptoms.<sup>2</sup>



97%

## The Tempus Genetic Test<sup>3</sup>

Your healthcare provider may use the Tempus genetic test to help personalize your mental health treatment plan, based on your genes.

### Your results may show:

- ✓ Gene-drug interactions for 100+ medications
- ✓ Summary of your current medications
- ✓ Easy-to-read, actionable report so your healthcare provider has information that may help select the medication that's the best fit for you

### Your provider may choose this test for you if you:

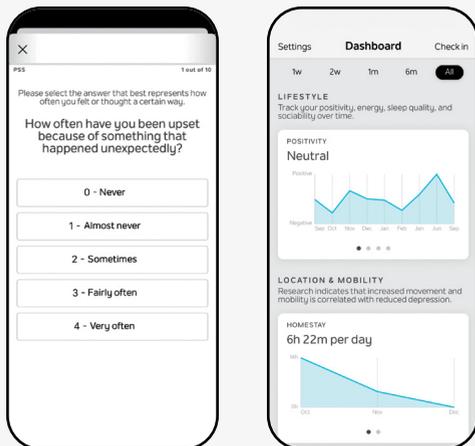
- Have ever been diagnosed with depression, anxiety, ADHD, or another mental health condition
- Are currently taking medication for a mental health condition
- Have experienced side effects from that medication

### The report includes medications related to:

- Depression
- Anxiety
- Bipolar disorder
- ADHD/ADD
- OCD
- PTSD
- Schizophrenia
- Substance use disorder
- Sleep disorder — Insomnia
- Eating disorders
- Epilepsy

## Help track information about your treatment response with Tempus PRO™

Your care provider is using Tempus PRO™ software to help obtain information about your symptoms in between appointments.



## TEMPUS PRO™ GIVES YOU:

### Information about your sleep, mood, and daily steps

This lifestyle data may help give you and your provider a holistic snapshot of your well-being.

### Simple questions that take just a few minutes

Your answers may help give your provider information about your response to treatment.

### Track your progress with fitness tracker integration

The ability to help measure progress towards your treatment goals, and integration with your smartphone fitness tracker.



# How it works

## 01 ORDER A TEMPUS GENETIC TEST

Your provider orders the Tempus genetic test.

You may also need to complete your consent and billing paperwork.

## 02 COLLECT YOUR CHEEK SWAB SAMPLE

Your provider may collect a sample in-office, or have a sample collection kit mailed to your home.

Follow all step-by-step instructions to collect your sample at home, so your results can be shared with your provider.

## 03 ACTIVATE TEMPUS PRO™

You'll receive an email or text message to set up your Tempus PRO™ profile and complete your first assessment.

## 04 REPORT RESULTS & FACILITATE ONGOING MONITORING

Your results will be sent to your provider, informing them how your genes may impact your body's response to 100+ medications.

As you continue treatment with your provider, you can continue to answer questions from Tempus PRO™. This may help your provider understand your response to treatment and track progress between appointments.

## PATIENT PAYMENT INFORMATION

We believe cost should never prevent patients from receiving the medical care they need. We also want patients to feel comfortable knowing what they will owe. That's why Tempus offers several different payment options that patients can choose from depending on their insurance status. The Tempus genetic test is also HSA/FSA eligible.

### For any billing questions, you can:

Talk to your provider

Visit our webpage for payment resources, including our financial assistance program [tempus.com/neuro-patients](https://tempus.com/neuro-patients)

Call or text our Customer Success team at **312.598.9961**

All U.S.-based patients are eligible to apply for financial assistance regardless of insurance status. For uninsured and international patients, we offer a self-pay option. If you have any questions, or would like to apply for financial assistance, please contact our Client Success Team at **312.598.9961**.

## Hear from our patients



Being able to work with my physician to be able to find the right medication for me, using the test results, was really incredible. Through the Tempus test, we were able to narrow [the medications] down.

/// OSCAR



Tempus really helped the doctor prescribe the right amount of medication at the right time. And so my side effects were minimized.

/// ELIZABETH



It was interesting to see that according to the test, I'm a fast metabolizer of that particular pain medication. It gave me a bigger picture of how my genes work.

/// RACHEL

## Contact us



 [tempus.com/neuro-patients/](https://tempus.com/neuro-patients/)

 [312.598.9961](tel:312.598.9961)

 [help@tempus.com](mailto:help@tempus.com)

Visit our website for more information about the Tempus genetic test, payment resources, and FAQs.

Questions about Tempus, billing, or collecting a sample? Email, call, or text our customer success team from 9:00 am – 5:00 pm CST, Monday – Friday.

<sup>1</sup> n=15,214 patients from Tempus database

<sup>2</sup> Arnone et al. Effectiveness of pharmacogenomic tests including CYP2D6 and CYP2C19 genomic variants for guiding the treatment of depressive disorders: Systematic review and meta-analysis of randomised controlled trials. *Neurosci Biobehav Rev.* 2023 Jan;144:104965. doi: 10.1016/j.neubiorev.2022.104965. Epub 2022 Dec 1. PMID: 36463971.

<sup>3</sup> The Tempus test must be ordered by a licensed healthcare provider. It cannot predict treatment response and should only be considered by a licensed healthcare provider in the context of a professional medical evaluation, taking into account the patient's full clinical history. Some medications listed in the reference materials that accompany the test results have gene-drug interaction data available in the labeling for FDA approved drugs, while other medications will be classified based on other scientific sources (such as CPIC guidelines and primary literature). **Patients should review the test results and reference information with their treating healthcare providers. Medications or dosing should not be changed outside of the direction and monitoring of a licensed provider, or changed solely based on the test results or reference information.**