

The WithHealth® Patient Story

Introductory emails, doctors' visits, actionable plans, logistical questions. From the very first moment a patient engages with our team, WithHealth is committed to making their experience positive, personal and proactive.

Ryan Has a Plan

Ryan has never worried too much about his health. He's never really worried too much about anything. Sure, he knows there are some things he might be able to do better in terms of staying healthy, but generally, he feels fine. He's married to a woman he adores, he likes his job, and he feels relatively satisfied with his quality of life. But something has been nagging at him recently. His youngest child's first birthday is coming up. His older daughter is only 3 years old. Ryan will be 45 this year, and he's started doing the math in his head:

How old will he be when they learn to drive? When they graduated from high school? When they start their first job? When they consider getting married? When they have their own children?

Ryan, who mostly never worried about anything, has suddenly become acutely aware of his own mortality. His own dad died when he was young. He doesn't want that to happen to his kids – he is committed to doing all he can to ensure he is around for them for as long as possible.

WithHealth is here to help Ryan do everything he can to ensure he lives a long, happy life and witnesses as much of his children's' lives as he possibly can. One of the most important steps in this process is Ryan's genetic test. This test delivers information that helps Ryan and his doctors make the best decisions for his lifelong health journey, and suggests some possible genetic traits that could have contributed to his own father's passing.



The findings are very revealing. Ryan is at high risk for **Long QT Syndrome**, an abnormal feature of the heart's electrical system that can lead to a potentially life-threatening arrhythmia. He also is at **high risk of diabetes**. He is susceptible to melanomas, asthma and hypertension. The good news is that he can speak with his Precision Care physician who can work with Ryan to start a plan of action so

that Ryan has the best possible chance of staying healthy.

In the end, he works with his WithHealth physician to avoid drugs that prolong the QT interval, to start on beta blockers, to schedule routine screenings for diabetes, and to avoid strenuous exercise. Every time his children meet milestones, Ryan feels his anxiety dissipating. He is able to enjoy and celebrate with his family, knowing that he and his expert team at WithHealth, are being proactive about his longevity and well-being.