

## Talk to Your Doctor About the PreTRM<sup>®</sup> Test

### A discussion guide on preterm birth and the PreTRM Test

#### Why is it important to discuss premature birth and the PreTRM Test with your doctor?

Preterm (or premature) birth occurs in 1 out of 10 pregnancies in the US.<sup>1</sup> In fact, half of women who deliver prematurely are not determined to have any risk factors at all, and many are first time mothers.<sup>2,3</sup>

A preterm birth occurs when your baby is 3 or more weeks early (at less than 37 weeks of gestation). Most women think having a premature baby will never happen to them and most preterm births are unexpected. But it can happen to anyone – even the healthiest women! It crosses all demographics, ages, incomes, and ethnicities. This is why it's so important to talk to your doctor about the PreTRM<sup>®</sup> Test.

#### What are the potential risks of premature birth?

Data show that each week of a baby's additional time in its mother's womb until full term delivery makes a difference, bringing with it less complications and improvement in a variety of health consequences, including respiratory and neurodevelopmental outcomes.<sup>4</sup>

#### Why might I want to consider having the PreTRM Test?

Currently 80% of all women delivering prematurely are not detected using traditional risk assessment methods (Prior Preterm Birth + Cervical Length).<sup>5</sup> These traditional methods to predict premature birth don't adequately predict who will deliver their baby

prematurely. This means that many women are not aware of their risk of delivering prematurely and might not get the extra care that could help give their baby the best start in life.

#### What is the PreTRM Test?

The PreTRM Test is a blood test done during your 19th or 20th week of pregnancy that detects abnormal protein levels in your blood that are highly predictive of premature birth.

#### For More Information:

801-990-6600 or support@pretrm.com

#### How was the PreTRM Test Validated?

Learn more below about two Important Clinical Validation Studies published in the American Journal of Obstetrics & Gynecology Maternal-Fetal Medicine involving more than 10,000 patients from populations across the US:

- **1st US Validation Study**  
([https://www.ajog.org/article/S0002-9378\(16\)00284-2/pdf](https://www.ajog.org/article/S0002-9378(16)00284-2/pdf))
- **2nd US Confirmation Study**  
(<https://www.sciencedirect.com/science/article/pii/S2589933320300847>)

## If I choose to have the PreTRM Test, what will the results tell me?

The PreTRM Test gives you a percentage risk for delivering your baby before 37 weeks, comparing your personal risk to the average risk of all pregnancies.

The result of the PreTRM Test is not a positive or negative (yes or no) result but rather an 'individual risk prediction' of having your baby early.

If you find you're at increased risk, you and your doctor can create a plan to manage your risk. This could include established treatments, such as more frequent visits with your ObGyn, and seeing a high-risk pregnancy specialist (Maternal Fetal Medicine).

## If I am shown to be at increased risk, what then?

If you are shown to have higher than average risk for all pregnancies, there are established treatments that you and your doctor can consider to address your risk.

Knowing your individual risk of premature birth with the PreTRM Test allows you to:

- Prepare your employer
- Prepare your family, especially if there are other children to consider
- Inquire about medical coverage with your insurance provider
- Create a pregnancy care plan with your doctor and partner, which might include seeing your doctor more frequently, getting referred to an MFM, etc.

## Where do I get the PreTRM Test?

Your doctor can order the test for you. To have your blood drawn, you'll simply go to a LabCorp patient service center near you.

## How much does the PreTRM Test cost?

The PreTRM Test is not yet covered by insurance. Contact PreTRM Support for more information.

## Contact PreTRM Support for More Information

801-990-6600 or [support@pretrm.com](mailto:support@pretrm.com)