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## Healthy Pregnancy. Healthy Baby.

We are committed to giving your baby the best start in life. We now offer the PreTRM® Test as a no-cost family planning benefit.

Until recently, doctors were only able to identify a small percentage of pregnancies that were at high risk of delivering early.

We are pleased to offer all eligible employees and their dependents the PreTRM Test. The results will let you and your doctor know if you're at higher risk for giving birth too early.



**What is PreTRM?** The PreTRM Test is a single blood draw during weeks 18 through 20 of your pregnancy. It gives an accurate, early and individualized prediction of premature birth.<sup>7</sup>



**Who should have the PreTRM Test?** The PreTRM Test is suitable for most pregnant women.<sup>2,4</sup> Until recently, doctors had limited ways of trying to predict each woman's risk of preterm birth. For most mothers, premature birth was often a completely unexpected event. Now, there's a test available that can measure your individual risk of delivering too early.



**What does the PreTRM Test tell you?** The test measures proteins in the blood that can show if you are at higher risk of giving birth early. The report sent to your doctor will provide information on your individual risk for premature delivery. With this knowledge, you and your doctor can work together to adjust your treatment plans if needed.



**What occurs next?** You and your doctor can discuss the chances of premature labor and make a personalized plan for your growing baby.<sup>8</sup> By knowing your risk early in your pregnancy, you have time to plan and prepare. All medical information and test results stay between you and your provider. Results will not be shared with your employer. Results will not be shared with your employer.



With the PreTRM Test results you can take steps to prevent preterm birth and improve your baby's health outcomes.

For more information about how to obtain the test, visit [www.PreTRM.com](http://www.PreTRM.com) or call the Sera Prognostics Customer Support Team at (801) 990-6605\*



## The PreTRM<sup>®</sup> Test is the first of its kind for premature birth...



**Preterm or premature birth** is when a baby is born too early, before 37 weeks of pregnancy have been completed



**Preterm birth affects 1 in 10 pregnancies** in the U.S.<sup>1</sup>



50% of preterm births happen to women with **no obvious risk factors**<sup>2</sup>



**Black women are 42% more likely** to experience preterm birth<sup>1</sup>



**Preterm birth is more common** than other well-known pregnancy/neonatal conditions like preeclampsia, Down Syndrome, and cystic fibrosis<sup>1,3-6</sup>



The earlier a baby is born, **the higher the chances of a longer hospital stay, more doctor visits, and short- and/or long-term health problems.**<sup>7-8</sup>



**This family planning benefit is company-paid to support our employees and the people who matter most to them.**

For more information:

**Scan the QR code, visit [PreTRM.com](https://PreTRM.com), or call the Sera Prognostics Customer Support Team at (801) 990-6600\***

Don't forget you can also contact your HR Benefits team if you have questions about eligibility.



\*A Sera Customer Support team member will help you schedule your blood draw between the first day of your 18th week of pregnancy and the sixth day of your 20th week of pregnancy. That's a 20-day window between days 126 and 146 of your pregnancy.

References: 1. Osterman MJK, Hamilton BE, Martin JA, Driscoll AK, Valenzuela CP. Births: Final data for 2020. National Vital Statistics Reports; 70(17): 1-49. 2022. See Table 20 page 38. 2. Iams, JD, et al. Prevention of preterm parturition. N Engl J Med. 2014;370:254-61. 3. Preventive Services Task Force. Screening for preeclampsia: U.S. Preventive Services Task Force recommendation statement. JAMA. 2017;317(16):1661-67. 4. Mai CT, et al. National population-based estimates for major birth defects, 2010-2014. Birth Defects Research. 2019; 111(18): 1420-1435. 5. O'Sullivan BP, et al. Cystic fibrosis. Lancet. 2009;373(9678):1891-1904. 6. Callaghan WM, et al. The contribution of preterm birth to infant mortality rates in the United States. Pediatrics. 2006 Oct;118(4):1566-73. 7. Howson CP, et al. Born Too Soon: Preterm birth matters. Reprod Health 10, S1 (2013). 8. Crump C, et al. Prevalence of Survival Without Major Comorbidities Among Adults Born Prematurely. JAMA. 2019 Oct 22;322(16):1580-1588.