

The eSMARTER Study

- **You learn about your risk of getting Alzheimer's disease.**
- **We study how you get that information.**
- **Together, we can learn lessons to get ready for the future of Alzheimer's research and treatment.**

What is the eSMARTER study?

eSMARTER is a study that compares how people learn about their risk for Alzheimer's disease. People are randomly put in one of two groups. Members of one group have a live virtual one-on-one meeting with a genetic counselor. Those in the other group will guide themselves through the results using an interactive website or online chat. The study tests if people using the website or chat respond the same way as those learning from a genetic counselor.

The APOE Gene

Participants learn about their risk for Alzheimer's based on their apolipoprotein E (APOE) gene type.

What is it?

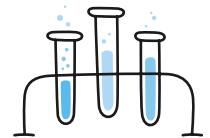
APOE is one of many genes in a person's DNA.

How is it tested?

By a blood test or a saliva or cheek swab sample, like what was collected for GeneMatch. For this study, we'll use the GeneMatch sample.

What does it mean?

There are three types of APOE: e2, e3 and e4. The e4 type is linked to higher risk for Alzheimer's. It's important to know that the e4 type is just a risk factor. Having a copy of the e4 type doesn't mean you will get Alzheimer's. You may not have any copies of the e4 gene and still get Alzheimer's.



What to know about joining the eSMARTER study

Who can join the study?

People who:

- Are age 60–80.
- Are willing and able to learn about their Alzheimer's risk.
- Have access to the internet.

People may be unable to join if they:

- Already known their APOE gene type.
- Have problems seeing, hearing or talking.

What happens after joining?

Participants will:

- Take an online survey before learning their APOE gene test results.
- Get randomly assigned to one of two ways to learn results: from a genetic counselor or using a website or online chat.
- Receive the test results and risk information and read through educational content sent by study leaders.
- Take follow-up surveys asking about what they learned and how they felt about the way results were shared.

Participants also will be asked to give a blood sample. They then have the option to learn more about their Alzheimer's risk from the results of a blood test.

Why join the study?

Participants can learn genetic information and find out about their risk for Alzheimer's.

For some, this can lead to:

- Feeling empowered, relieved or informed.
- Being able to plan for the future.
- Taking actions to improve brain health.

The study makes it possible for participants to have easy, safe and private access to this type of risk information.

For some Alzheimer's treatments, it is recommended you know your APOE gene type.

The study can help doctors and scientists prepare for the future of Alzheimer's research and treatment.

Why is it important to study this?

There need to be quick, effective ways to give people information about their risk for Alzheimer's disease. It also must be able to be done on a large scale.

Consider this: For many new Alzheimer's treatments, it is recommended people know these results. Some people will just want to know more about their risk. That will lead to more and more people taking these tests. And that means finding a helpful way to give more results to more people. Especially in cases where results may go straight to patients before their doctor is able to speak with them.

The eSMARTER study will show if learning results from a website or online chat is a good option. That could help solve the challenge.

In the future, people could first get results from a website like the one in this study. Then they could schedule time to speak with their doctor if needed. This could free up doctors to spend more time on patient care. It could give patients more time to prepare questions for their doctor.

eSMARTER is a program of the Alzheimer's Prevention Initiative. It is led by experts from Banner Alzheimer's Institute in Phoenix, Ariz., along with University of Pennsylvania, University of Michigan and University of California-Irvine.

For more information or to join the study, please email: eSMARTER@bannerhealth.com

