

genea
WORLD LEADING
FERTILITY

Planning a family
with Genea



 Parents
At Work



Table of contents

| | |
|--|----|
| Welcome to Genea | 4 |
| Your change makers in fertility | 5 |
| Impact of age on fertility | 6 |
| Understanding your options | 8 |
| When to seek help | 9 |
| Egg freezing with Genea | 11 |
| Genea's bulk-billed ovulation tracking service | 12 |
| IVF and other fertility services | 13 |
| The Genea difference | 17 |
| Genea's IVF technology | 18 |
| MyGenea™ + Grow™ app | 19 |

Welcome to Genea

If you've been trying to conceive and have decided it's time to seek help, finding the right fertility clinic may feel overwhelming. That's why it's important to know from the start what to consider when making one of the biggest decisions of your life.

As you search for the right clinic to help you realise your dream of starting or expanding your family, it's helpful to weigh factors like the treatments on offer, the level of care from your Fertility Specialist, nurses, embryologists, and counsellors, as well as the clinic's success rates.

For nearly 40 years, Genea has built a reputation as a pioneer in fertility treatment, backed by in-house research and development, world-leading technology, and success rates that consistently exceed the national average. Visit genea.com.au to learn more about their success rates.

Genea's Services

- Bulk-billed fertility health assessment
- Bulk-billed ovulation tracking
- IUI and ovulation induction
- IVF and ICSI
- PGT-M & PGT-A (genetic testing of embryos)
- Genetic carrier screening
- Egg freezing
- Fertility and genetic counselling
- Andrology and male fertility testing
- Donor and surrogacy - Sperm available immediately
- Supporting LGBTQIA+ fertility needs
- AMH testing

Parents at Work has partnered with **Genea** to provide information and resources that support families who may need **a little extra help** getting started.

Your change makers in fertility



Throughout your time with Genea, you'll have an entire team of dedicated fertility experts working together to deliver personalised care and create your tailored treatment plan, supporting you at every stage of your fertility journey.

Impact of age on fertility

As men and women age, the risk of pregnancy complications rises, affecting both maternal and foetal health. Women experience a notable decline in fertility around age 30, accelerating in their mid-30s. Pregnancy complications become more prevalent with advancing age. For men, fertility decline is more subtle, yet those over 45 contribute to longer conception times, higher miscarriage risks, and increased chances of mental health and developmental issues in their offspring. While individual experiences vary, understanding age-related fertility changes is crucial for informed family planning decisions.

Couples in their late 30s and 40s, both women and men, should consider early investigation for fertility concerns, especially if facing issues like blocked tubes. Seeking medical guidance enhances the chances of successful conception. Even without apparent fertility factors, active treatment should be considered if natural pregnancy delays. Studies highlight IVF as a valuable option in such cases. Regardless of individual circumstances, staying informed about age-related fertility changes is essential for making realistic family planning decisions.

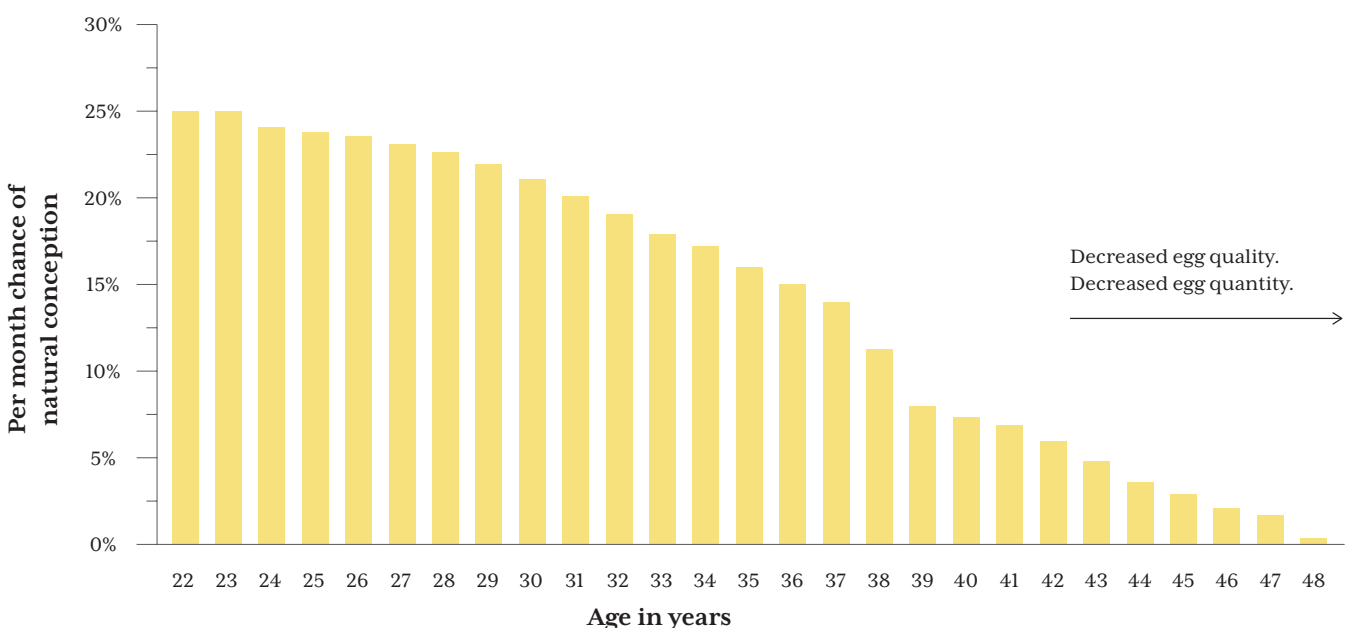
Female age and fertility

With advances in IVF and celebrities having babies into their 40s, you could be forgiven for thinking that age is no longer a barrier to starting a family.

But the reality is that getting pregnant and having a healthy baby does become more difficult as women get older.

By the age of 36, the chance of a woman conceiving each month has decreased by almost half from the time she was most fertile in her early 20s. This downward trend continues, and by the age of 45, the average chance of getting pregnant each month is just 1%.

Age monthly chance of natural conception



When younger women face infertility, there is more likely to be a medical cause - such as blocked fallopian tubes or a partner with a low sperm count. Older women are more likely to have unexplained infertility, and their problems are more likely to be linked to poor egg quality. Older women are also more likely to conceive a baby that has abnormalities due to chromosome problems, which will often mean a pregnancy ends in miscarriage within the first 12 weeks.

Some studies have shown that the man's age can also have an impact on a couple's ability to conceive. Although the decline in fertility is not as marked as it is in women, there is an increase in genetic defects in the sperm of men aged more than 40. And having had a baby previously is unfortunately not an indication that you will remain fertile. So-called secondary infertility is an issue for about 10% of couples.

Male age and fertility

While the impact of female age on fertility has long been recognised, recent research indicates that the age of the male partner also plays a crucial role in influencing pregnancy success and pregnancy health.

Typically, male fertility begins to decline around the ages of 40 to 45, coinciding with a decrease in sperm quality. Advancing male age not only diminishes the overall probability of conception but also extends the time required to achieve pregnancy (measured by the number of menstrual cycles) and heightens the risks of miscarriage and foetal death.

Offspring of older fathers face an elevated risk of mental health issues, albeit still infrequent. Children born to fathers aged 40 or older exhibit a fivefold increase in the likelihood of developing an autism spectrum disorder compared to those born to fathers aged 30 or younger. Moreover, they bear a slightly heightened risk of developing schizophrenia and other mental health disorders later in life.



Understanding your options

Fertility treatment at Genea doesn't begin and end with in-vitro fertilisation (IVF). In fact, half of the people who see a Genea Fertility Specialist don't actually need IVF treatment to achieve a pregnancy.*

With Genea's full range of fertility services, you'll have access to all available treatment options, including less invasive options that can be less expensive and may end up being all you need. Refer to page 3 of this toolkit to view Genea's full list of services.

If you know you need help getting pregnant, speaking with a Genea Fertility Concierge can be a great first step. You can connect with Genea's Fertility Concierge via their website for guidance on the fertility treatment options available to you, as well as advice on selecting the right Fertility Specialist. Genea's Fertility Concierge can also help you book an appointment and explain the tests you may need to get started.



When to seek help

Preserving your fertility future

If you're considering preserving your fertility, Genea recommends consulting a Fertility Specialist as soon as you begin considering egg freezing to discuss your options, timeframes, and next steps based on investigative tests, personal circumstances, and your hopes for the future.

When to Consider Egg Freezing

You might consider egg freezing if you:

- Want to preserve your fertility for the future.
- Are about to undergo medical treatment that could affect fertility.
- Aren't ready to start a family but want to keep your options open.
- Want to pursue career or personal goals before having children.

Trying to conceive

Not all patients need IVF. Sometimes, timing is everything and yours might be a little off. Genea offers bulk-billed ovulation tracking to take the guesswork out of knowing when it's the right time to conceive and boosts your chances of conceiving naturally. However, if you've tried this approach without success, we recommend considering the following timeframes for seeking additional help:

Over 35
trying to conceive for
6 months without success

Under 35
trying to conceive for
12 months without success

While this is the standard advice for seeking reproductive assistance and is a good general guideline, the best time to seek help is when you become worried about not conceiving. If you're feeling concerned or have any questions, it's recommended to book an appointment with a Fertility GP to get a fertility assessment.

Genea offers a bulk-billed fertility assessment to give you a clear understanding of what tests may need to be undertaken, whether you can keep trying to conceive naturally, or if you need further assistance.

If you're ready to take the next step, connect with a Genea Fertility Concierge who can assist you in booking your appointment and answer any questions you may have.



Visit bit.ly/genea-parents-at-work or scan the QR code to schedule an appointment with a Fertility Concierge for guidance.



Egg freezing with Genea

As age is a key factor in a woman's ability to conceive, it's important to consider whether children are part of your future. Many people choose to freeze their eggs because they're aware that fertility decreases with age and want to give themselves options for the future.

While egg freezing doesn't guarantee a baby, some individuals choose it to take control of their fertility and give themselves the best chance of starting a family later on.

Egg freezing is relatively straightforward.

There are four simple steps.

1 Pre-treatment investigations

- **Serology** – Blood test for Hepatitis B, Hepatitis C, HIV and syphilis.
- **Anti-Mullerian Hormone (AMH)** – AMH is a hormone secreted by cells in the follicles of the ovary and is used to indicate ovarian reserve – or egg quantity.
- **Pelvic ultrasound and antral follicle count** – Will look at the overall health of the reproductive organs, including the ovaries, their follicle count, and fallopian tubes.

A GP can order these tests. Once completed, an appointment can be made with a Genea Fertility Specialist to determine a treatment plan.

2 Egg stimulation

Hormone stimulation using medication is carried out over a period of approximately eight to fourteen days to encourage a number of eggs to mature at one time. This involves some self-injections.

3 Egg collection

Once the eggs have matured, an egg collection procedure will take place in a Day Surgery. The procedure takes about 10-20 minutes.

4 Vitrification and storage

Collected eggs are then frozen using an advanced method called vitrification - essentially snap freezing - and safely stored.

* Please note, the Victorian Assisted Reproductive Treatment Authority (VARTA) requires all Victorian patients to be counselled prior to the commencement of any treatment.

Genea's bulk-billed ovulation tracking service

Falling pregnant is different for everyone. For some, it happens quickly and for others, it can take longer, but there are some simple first steps that could help.

If you have been trying to get pregnant for a while, without success, it might be that your timing has just been a little off.

That's why Genea created its bulk-billed ovulation tracking service. It is a great first step towards taking charge of your fertility by giving you the best chance of conceiving naturally. It also takes the guesswork out of knowing when it's the optimal time to try to conceive.

What is ovulation tracking?

Ovulation tracking is a simple fertility treatment option that involves monitoring your hormones through blood tests so you can identify the perfect moment for conception. These tests will also pick up if there are ovulation issues, so further investigation or treatment can be recommended.

Tracking is non-invasive and involves blood tests every few days at a Genea clinic. You don't even need to take time off work as early appointments are available.

How much does it cost?

Genea offers three ovulation tracking cycles for free - which means no out-of-pocket expenses for Medicare eligible patients when blood tests are conducted at a Genea monitoring centre in Australia.



Scan the QR code to learn more about Genea's ovulation tracking





IVF and other fertility services

In vitro fertilisation (IVF)

One of the most common forms of assisted reproduction is IVF (in vitro fertilisation), a process during which egg and sperm are collected and merged in a laboratory to form an embryo that is incubated before being transferred to your uterus.

The team at Genea has been at the forefront of the IVF industry for nearly four decades, providing their patients with world class service and cutting-edge technology. They take pride of themselves on their service in this area – but it's worth noting that not all people seeking reproductive assistance need to do IVF. Indeed, only around 50% of the patients who see a Genea Fertility Specialist will require IVF to achieve their dreams.

The first very important step is to meet with a Genea Fertility Specialist to discuss your situation and your goals, and to identify the best possible pathway to parenthood for you.

Deciding whether to do IVF is a personal choice that depends on your medical history and circumstances, which will be assessed by your Fertility Specialist.

It might be a good option for you if you have a fertility issue such as blocked fallopian tubes, tubal damage, male infertility, endometriosis, fibroids, PCOS, advanced maternal age, unexplained infertility, recurrent miscarriage, or potential genetic concerns where embryo screening is beneficial.

But making the choice is a process, and Genea's supportive team will guide you through each step, to make sure you have the necessary information to decide, and then give you ongoing assistance during your treatment.

Genetic tests

For those who need more support and specialised services, it is important to understand what a clinic can offer you. If you have a family history of genetic conditions, have experienced recurrent miscarriages or are trying for a baby later in life, you might need a fertility clinic that offers advanced science and services.

This is where Genea's PGT-A and PGT-M can help. These advanced genetic tests are conducted on embryos to give you peace of mind that your embryo has the best chance of developing into a healthy baby. Genea has created tests for 418 genetic conditions, and they can personalise a test for any gene disorder which runs in your family.

To learn more about Genea's fertility services, please visit [genea.com.au](https://www.genea.com.au)



**Give yourself
the best chance
of achieving your
dream of a family
by choosing
Genea**

The Genea difference

Care | Technology | Success

Personalised care means you have your own team of fertility experts providing you with the best care and support. Genea is a world leader in fertility, comprising a team of experts coupled with world-leading technology, giving you the best chance of achieving your dream of starting a family.



Genea's IVF technology

At Genea, we have been at the cutting-edge and have pioneered many new techniques and technologies in fertility for over three decades, and that's why we are world leaders in this space. It's this innovative technology, combined with our highly qualified and trained fertility specialists, embryologists, and nurses, that give Genea patients the highest chance of pregnancy success.



Geri® time-lapse incubation technology

We were the first clinic in the country to introduce routine Day 5 embryo transfers. Now, with the help of the state-of-the-art Geri® incubator and continuous culture systems, this milestone is even more accessible for more patients.

Genea offers this technology to every patient at no extra cost

Your embryos get their own Geri® incubator chamber, so they are undisturbed while they grow, and it comes with the exclusive MyGenea® + Grow® app so you can watch their embryos 24/7.

The Geri® incubator has delivered a **12.2%** increase in the number of live births⁵

The Geri incubator has resulted in a **46.7%** increase in the number of high-grade embryos⁶

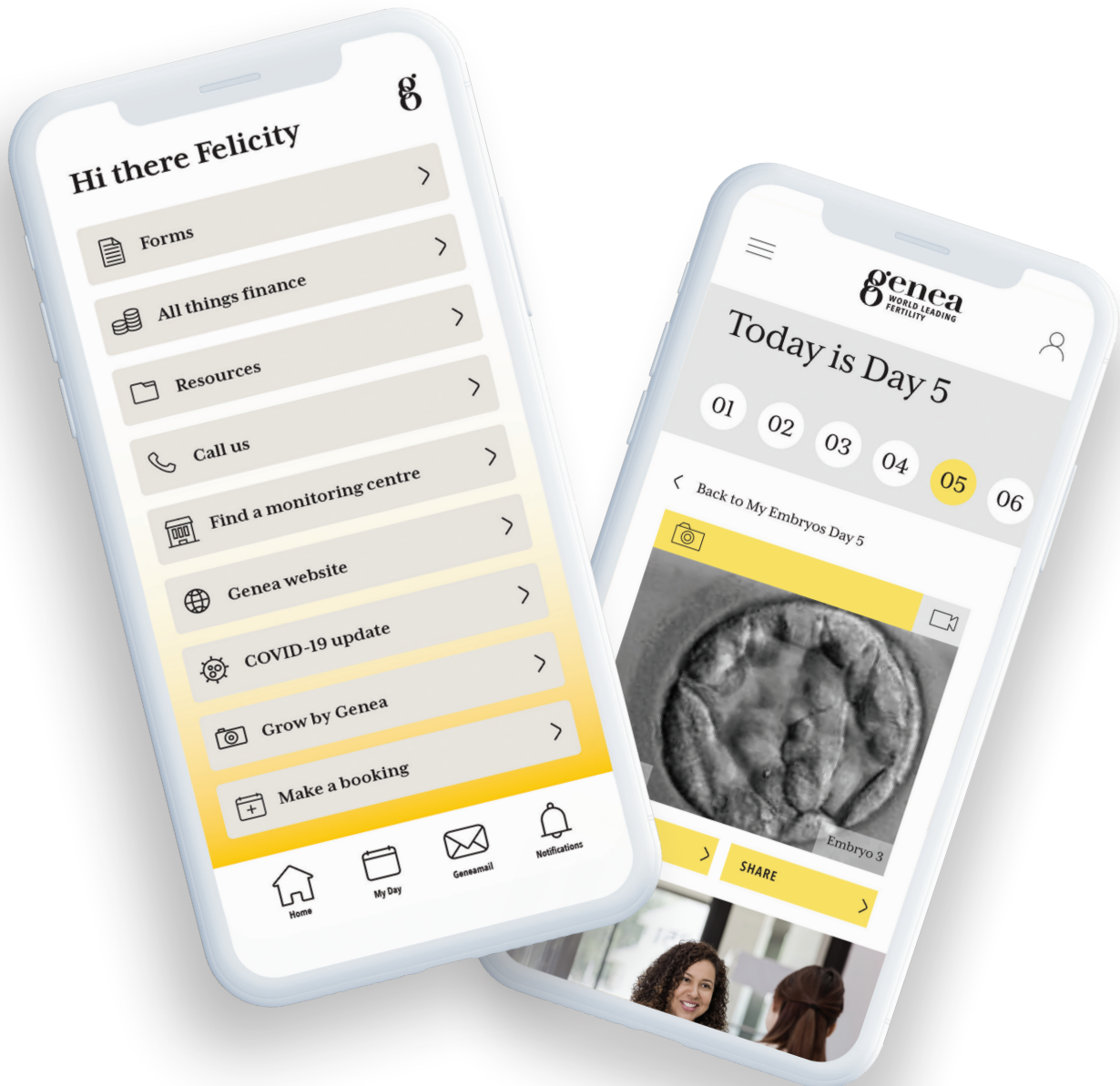
⁵When compared to the MINC incubator and Gems sequential media. Study performed in Genea's Canberra, Wollongong, Liverpool, North West, RPA and Kent St laboratories, 2015-2019. The Geri incubation system was utilised in all Genea clinics by 2018.

Published in a peer reviewed journal Fertility and Sterility and presented at the American Society of Reproductive Medicine (ASRM) congress in 2020, official reference being: ⁶Peura T, Murray A, Hesketh N, Dalati S, Bowman M, McArthur S (2020): Is the biggest impact on clinical IVF outcomes obtained by implementation of continuous media, time-lapse incubator or both? Fertil Steril 114 (3) Suppl., e129. DOI: <https://doi.org/10.1016/j.fertnstert.2020.08.383>

We've got an app to make it easy

Introducing MyGenea™ + Grow app™, your cycle companion app. We want to make your fertility treatment as easy-to-manage as possible, so we created an app to help you stay more in control of your treatment cycle.

The MyGenea™ + Grow app™ features world-first technology and is unique to Genea.



MyGenea™

MyGenea™ allows you to stay on top of your on-cycle appointments, access handy resources, register payment information, and keep in touch with your fertility team. It offers simple, discreet cycle management on the go.

Grow™ by Genea

Genea's personalised approach to fertility treatment and our revolutionary embryo viewing technology allows you to see images of their embryo, as it develops in the laboratory, every step of the way.



**Fertility change
starts here.**

**1300 361 795
genea.com.au**

The information in this brochure does not replace medical advice. Medical and scientific information provided in print and electronically by Genea might or might not be relevant to your own circumstances and should always be discussed with your own doctor before you act on it.

