1. Once you have decided you are interested in applying to participate in the POCP, visit the website to **create an account**. Email us your **username** once you have created it.

1-2 weeks

2. We will email you an **Eligibility Questionnaire** to complete online. Once we receive your completed questionnaire and have confirmed the type of ovarian cancer your relative had (with your permission), we will send you a confirmation email to confirm whether or not you are eligible to participate.

1-2 weeks

3. Approximately 1-2 weeks after you are confirmed as a POCP participant, you will receive a consent package in the mail. Mail us your **signed consent form** and **Contact Information Form** in the pre-paid envelope. Make sure to record your unique POCP *username* on the contact information form.

2-3 weeks

4. Approximately 1-2 weeks later, **we** will call you to confirm when we have received your signed consent and contact information form.

We will then email you instructions on how to complete **Psychosocial Questionnaire #1** and your **Family History Questionnaire** online.

4 months

5. Once we have your psychosocial questionnaire #1 and your family history questionnaire, we will mail you a genetic consent package that includes an **appointment letter** (date and time of your first genetic counselling appointment), two copies of a **genetic consent form,** and a **blood requisition form.**

1 week

6. We will schedule you a **genetic counseling appointment** within the next 4 months. The time and date of your appointment will be noted in your appointment letter. After the appointment, please take your blood requisition form and a signed copy of your genetic consent form to a local ***LifeLabs*** **facility** to provide your blood sample. Your blood sample will be sent directly to Princess Margaret

3-4 months

7. One week after your genetic counselling appointment, we will email you a link and instructions on how to complete **Psychosocial Questionnaire #2** online.

1 week

8. Once the POCP Team receives your blood sample, they will perform the **panel based genetic test.** This panel based test will take approximately 3-4 months to complete. Once your results are ready, a genetic counsellor will call you to disclose your genetic test results. At this time, they will also provide you with referrals for additional clinical care, if appropriate.

3 months

9. One week after you receive your genetic test results, we will email you a link and instructions on how to complete **Psychosocial Questionnaire #3** online.

1 year

10. Three months after you receive your genetic test results, we will email you a link and instructions on how to complete **Psychosocial Questionnaire #4** online.

11. One year after you receive your genetic test results, the research coordinator will call you to **follow up on any changes** (if any) to your contact information or medical care since you received your genetic test results. At this time, we will also send you a link to complete **Psychosocial Questionnaire #5** online.

**Please note that all time points are estimates and may change based on participant volume*