



myGenome

myGenome is a whole genome screening test to help you and your physician improve your health, longevity, and much more.

WHY YOU SHOULD SEQUENCE YOUR GENOME

Understand Your Disease Risks

myGenome gives you insight about your risk for hereditary diseases in multiple categories including cancer, cardiovascular diseases, immune disorders, and more.

Pharmacogenomics (PGx)

Pharmacogenomic (PGx) testing identifies how your own genetic makeup potentially influences your response to certain medications. Your makeup may amplify or decrease the effectiveness of a particular drug or cause an adverse reaction.

Insights to Live Healthier, Longer

We look at traits related to nutrition, athleticism, longevity, and more. You can think of **myGenome** as a playbook for your health and longevity.

Family Planning, With Confidence

myGenome provides you with insights about inherited diseases you may carry. Learn if you are a carrier for a genetic condition and what you could pass on to your children. In addition, our genetic counselors are able to help you and your healthcare provider understand your results.

myGenome gives you insights about more than 1200 hereditary diseases including those in the following categories:

Cancers	Organ Health
Cardiovascular Diseases	Reproductive/Carrier
Immune Disorders	Protective Variants
Endocrine and Metabolic Disorders	
Neurological Disorders	

Insights on how effectively you metabolize, or potentially react to 200+ drugs that treat a variety of conditions, including:

Asthma	Epilepsy	Inflammatory Bowel Disease
Cancer	Heartburn	Pain
Congestive Heart Failure	Hepatitis C	Schizophrenia
Depression/Anxiety	Hypertension	Smoking Cessation
Diabetes	Immunosuppression	

Insights on more than 70 traits related to:

Athleticism	Hormones	Nutrition and Diet
Behavior and Cognition	Immune System	Physical Appearance
Blood Sugar	Longevity	Sensory Perception
Cardiovascular	Metabolism	Substance Reaction

Plus insights on Ancestry



myGenome (cont'd)

WHAT YOU WILL GET

- » A detailed report of your personal results, accessible from your computer or smartphone, including:
 - Health-related insights
 - Carrier status for multiple conditions
 - Information on drug sensitivity
 - Your ancestry
 - Lifestyle trait insights
- » Recommendations on topics you may want to discuss with your physician
- » Lifestyle suggestions (for example, suggested changes to certain aspects of your diet)
- » A follow-up with our genetic counselors for clinically relevant findings, if requested
- » Access to frequent updates without having to resequence your genome
- » Opportunities to learn more about your genome for years to come as more information becomes available

FOR EXAMPLE

By sequencing your genome:

- » You may find you have one or more variants of the *HFE* gene, which means your body has difficulty regulating the intake of iron in your food. If so, you might need to assess your consumption of iron-rich foods and adjust your diet.
- » Or, you may find that you have a genetic variation in the *PCSK9* gene. This means you may have up to a 90% lower risk of coronary heart disease.

HOW TO GET STARTED

1. You order **myGenome** online
2. We obtain your physician's authorization
3. We mail you a saliva-collection kit
4. You mail your sample back to our lab
5. We process your sample and generate a report, available on your computer and smartphone
6. You review your results with your healthcare provider, or one of our genetic counselors, if desired

TECHNICAL INFORMATION

- » Whole genome sequencing on the Illumina HiSeq X10
- » Average 30X coverage (industry standard depth)
- » Follows Laboratory Developed Test (LDT) regulations performed in a CLIA-certified laboratory (CLIA #22D2089381)
- » Includes interpretation of the American College of Medical Genetics and Genomics 59 genes
- » Interpretation/reporting reviewed by our expert medical staff (10+ years of Whole Genome Sequencing experience, including from the Personal Genome Project at Harvard Medical School)