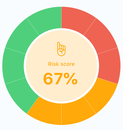
PDF is for illustrative purpose only
Actual report is a web-based application

SAMPLE REPORT



DNA Wellness report
Joint health

Your joint health risk score is Average

Based on categories risk score

Heart & blood
3 traits

Pain
3 traits

Body condition
4 traits

Four groups of traits that affect the of your Organ Health

Pain
3 traits

Neck & Shoulder Pain
Chronic Pain
Back pain

Body condition
4 traits

Joint Inflammation
Gout
Shoulder & Neck Pain
Joint Pain

Heart & blood
3 traits

Blood Sugar
Blood Pressure
Heart Health

Genetic risk levels are classified into five results

Low Risk

Among the risk score distributions, your risk level will be «Low Risk» if your risk score is classified as more than 80% percentile. This means that your risk level is in the lower group of the risk score distribution.

Average Risk

Among the risk score distributions, your risk level will be «Average Risk» if your risk score is classified between 20% to 80% percentile. This means that your risk level is in the average group of the risk score distribution.

Hight Risk

Among the risk score distributions, your risk level will be «High Risk» if your risk score is classified as less than the 20% percentile. This means that your risk level is in the higher group of the risk score distribution.

Low Average | Average Risk | High Average

Deep dive into your result

HIGH RISK
Heart & blood
3 traits
84%

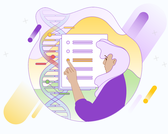
AVERAGE RISK
Pain
3 traits
71%

LOW RISK
Body condition
4 traits
17%

Section description. dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s, when an unknown printer took a galley of type and scrambled it to make a type specimen book. It has survived not only five centuries, but also the leap into electronic typesetting, remaining essentially unchanged. It was popularised in the 1960s with the release of Letraset sheets containing Lorem Ipsum passages, and more recently with desktop publishing software like Aldus PageMaker including versions of Lorem Ipsum.

LOW RISK
Gout
Lorem Ipsum is simply dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s, when an unknown printer took a galley of type and scrambled it...
EXPLORE

LOW RISK
Joint inflammation
Lorem Ipsum is simply dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s, when an unknown printer took a galley of type and scrambled it...
EXPLORE



Check recommendations

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AVERAGE RISK
HEART & BLOOD
Cholesterol
6 recommendations

Section description.Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed

What can you do
EXPLORE

01 SUPPLEMENT
Zinc
Consider supplementing with zinc

02 DIETARY
Soy Protein
Consider getting more soy protein

03 SUPPLEMENT
Resistant Starch
Consider supplementing with resistant starch

Explore the traits in more details

HEART & BLOOD
Blood sugar
87% risk score

Your risk is greater than 83% of the population and lower than 17% of the population.

Back to summary | How it works

Overview | Recommendations | Reference research

What can you do

01 SUPPLEMENT
Zinc
Lorem ipsum dolor sit amet, consectetur adipiscing elit

Impact
Evidence

Description

Psychotherapy (talk therapy) involves talking about your health with a licensed therapist. It may improve the way you react to certain experiences [R].

Psychotherapy is a great way to improve many conditions, including [R, R, R, R]:

- Depression
- Anxiety disorders
- Insomnia
- PTSD
- OCD
- Substance use disorder
- Bipolar disorder

How Psychotherapy Helps With Insomnia

Psychotherapy (talk therapy) may help you fall asleep faster. It may also improve the quality of your sleep [R, R, R].

Cognitive-behavioral therapy (CBT) is the best type of talk therapy for insomnia. During CBT, a therapist helps you change the way you think about sleep and improve your sleep and habits [R, R, R, R].

- Psychotherapy may improve insomnia by targeting many of your genetic variants at once [R, R].