



The best care for your present and future health through whole genome sequencing

We focus on the genes that enable us to prevent or treat illnesses so as to provide you with only useful and actionable information.

My Genomic Health includes:

Detailed genomic analysis

- » Whole genome sequencing to provide information on more than 260 genes associated with **preventable diseases**.
- » **Detailed report** including the most significant clinical results, potential risks of multifactorial disorders, carrier conditions and much more.
- » **Pharmacogenomics study** to optimise treatments with more than 150 drugs depending on your genetic variants.
- » Analysis of more than 45 traits associated with **aspects of exercise and nutrition, which will help you to feel better**.
- » Information about more than 190 illnesses that are not a risk to you but which could have **repercussions on your family**.

Clinic Plan

- » Personalised health plan based on the results of the analysis and the most recent clinical guidelines.
- » List of essential medical check-ups and tests depending on your genetic predisposition.
- » Recommendations about the frequency of personalised tests and check-ups.

We will securely store the information from your complete genome in order to, in the future, cross-reference it with the latest discoveries in the field of genetics.

Premium

€15 person and month

(€12,5/ person and month for 2 or 3 people) + **€390 in cost contribution for sequencing**, with the option to pay it in a one-time payment or 3 instalments.

Preventive Genomic Program

You will be healthier thanks to the preventive genomic program, guided by a specialized medical team that will accompany you throughout the entire process and will always be available.

Nutrition plan based on your DNA

- » Identification of the most appropriate foods for your metabolism.
- » Recommendations according to your genetic profile.
- » Specific supplements depending on possible deficits detected by the analysis.
- » Diet plan optimised for personal objectives (weight, energy, digestion, etc.).

Personalised exercise programme

- » A routine designed according to your genetics (endurance, strength and muscle recovery).
- » Recommendations on exercise types (cardio, weights, HIIT, mobility).
- » Tips on workout intensity and frequency to maximise results and prevent injury.

Expanded cover

To cover your needs, including:

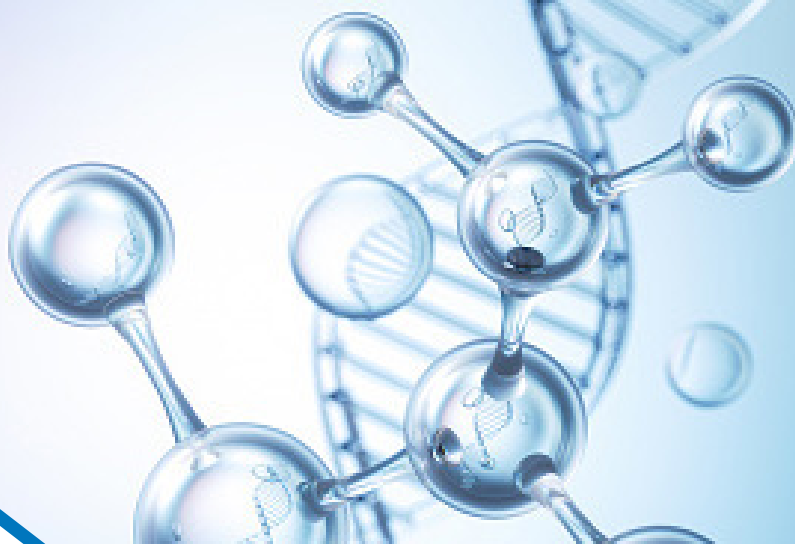
- » **Consultations on genetics:** assessment, diagnosis and monitoring.
- » **Preventative check-ups** to get advice on genetic risks.
- » **Identification of asymptomatic carriers:** if you are an asymptomatic carrier of certain genetic variants of diseases, we will perform a genetic study of these variants in first degree descendants.

For more information and to take out:

Contact:

Phone:

E-mail:



Clinical results

List of genes and diseases

Clinically actionable diseases

Cancer susceptibility

- » Hereditary breast cancer (23 genes).
- » Polyposis and hereditary gastrointestinal cancer (25 genes).
- » Neurocutaneous and ocular (5 genes).
- » Neuroendocrine and renal (20 genes).
- » Other cancers (31 genes).

Cardiovascular

- » Cardiomyopathy (41 genes).
- » RASopathies (10 genes).
- » Channelopathies and arrhythmias (23 genes).
- » Familial hypercholesterolemia (8 genes).
- » Aortopathies and related diseases (12 genes).
- » Ehlers-Danlos syndrome, vascular and non-vascular types (9 genes).

Other actionable diseases

- » Metabolic and hereditary deficiencies.

Multifactorial diseases

Pathologies

- » Lactose intolerance.
- » Pharmacological risk of long QT.
- » Susceptibility to chronic kidney disease.
- » Susceptibility to pulmonary fibrosis.
- » Susceptibility to hereditary hemochromatosis.
- » Susceptibility to non-alcoholic fatty liver disease.
- » Susceptibility to chronic pancreatitis.
- » Susceptibility to SERPINA1-related disorders.
- » Susceptibility to venous thromboembolism.
- » Multifactorial susceptibility to melanoma.
- » Susceptibility to CHEK2 cancer.

Polygenic risks

- » Type 2 diabetes.
- » Coronary artery disease.
- » Atrial fibrillation.
- » Polygenic hypercholesterolemia (LDL) and other cholesterol problems.
- » Hypertension.
- » Polygenic risk of breast cancer.
- » Polygenic risk of prostate cancer.
- » Triglycerides.

Asymptomatic carrier variants

Analysis of variants that do not pose a risk to you, but which you may pass on to your offspring.

Although some genetic variants do not directly affect your health, they can be passed on to your offspring and increase the risk of certain hereditary diseases. This analysis is especially useful if you are planning to have children, as it allows you to know in advance the possible risks (up to 262 variants analyzed) and consult options with a specialist.

Pharmacogenetics

Analysis of your response to more than 150 drugs

- » Cardiovascular.
- » Gastroenterology.
- » Endocrinology.
- » Hematology.
- » Infectious diseases and immune disorders.
- » Transplant medicine.
- » Pain medicine.
- » Pulmonology. Neurology.
- » Oncology.
- » Obstetrics and gynecology.
- » Psychiatry.

Traits

Your personal characteristics regarding nutritional, athletic, and other variables.

Athletics

- » Muscle strength.
- » Muscle power.
- » Muscle endurance.
- » Response to exercise.
- » Susceptibility to lumbar disc disease.
- » Susceptibility to ligament injury.
- » Achilles tendinopathy.
- » Muscle volume.

Behavior

- » Control of response to hunger.
- » Habit of snacking between meals.
- » Sugar intake.
- » Sweet tooth.

Longevity/metabolism

- » Weight gain.
- » Obesity.
- » Metabolic syndrome.
- » Basal metabolic rate.

Nutrition and diet

- » Polyunsaturated fats
- » Vitamin B6
- » Vitamin B12
- » Vitamin C
- » Vitamin D
- » Vitamin E

Physical appearance

- » Height.
- » Eye color.
- » Hair color.
- » Hair thickness.
- » Male pattern baldness.
- » Iris pattern.
- » Freckles.
- » Curly hair.
- » Pigmentation.
- » Finger length ratio.
- » Earwax type.

Sensory perception

- » Smell detection.
- » Sweet taste perception.
- » Myopia.
- » Misophonia (sensitivity to chewing sounds).
- » Perception of bitter taste.
- » Perception of the taste of cilantro.
- » Sneezing reflex to bright light.
- » Sensitivity to pain
- » Detection of the smell of asparagus metabolite in urine.

Reaction to substances

- » Coffee and caffeine.
- » Response to nicotine.
- » Sensitivity to alcohol.
- » Obstetrics and gynecology.
- » Psychiatry.