

Optimize Your Glucose Metabolism.

Live Healthy, Longer.



21st Century Health



www.genixpro.com



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EHS@genixpro.com

NYAH – Your Digital Health Coach
Blood sugar control with CGM for diet, weight, exercise and sleep!
with Amilia 97 attending **JOIN**

Weight (kg)

| Week | Weight (kg) |
|-------|-------------|
| Wk 1 | 100 |
| Wk 7 | 95 |
| Wk 14 | 85 |
| Wk 21 | 75 |

IF* Glucose (mg/dL)

| Time | Glucose (mg/dL) |
|------|-----------------|
| 0000 | 90 |
| 0400 | 85 |
| 0800 | 90 |
| 1200 | 120 |
| 1600 | 90 |

DIET RECOMMENDATIONS

- AVOID: High-FODMAP, Gluten
- SAVOUR: Low-FODMAP, Fish





My Tracking

OPTIMAL Continuous Glucose Monitoring (CGM)
LATEST RESULT

DAY 1 - 14

BUY NOW

\$199

*No report review.

GLUCOSE MONITORING (CGMgenix)

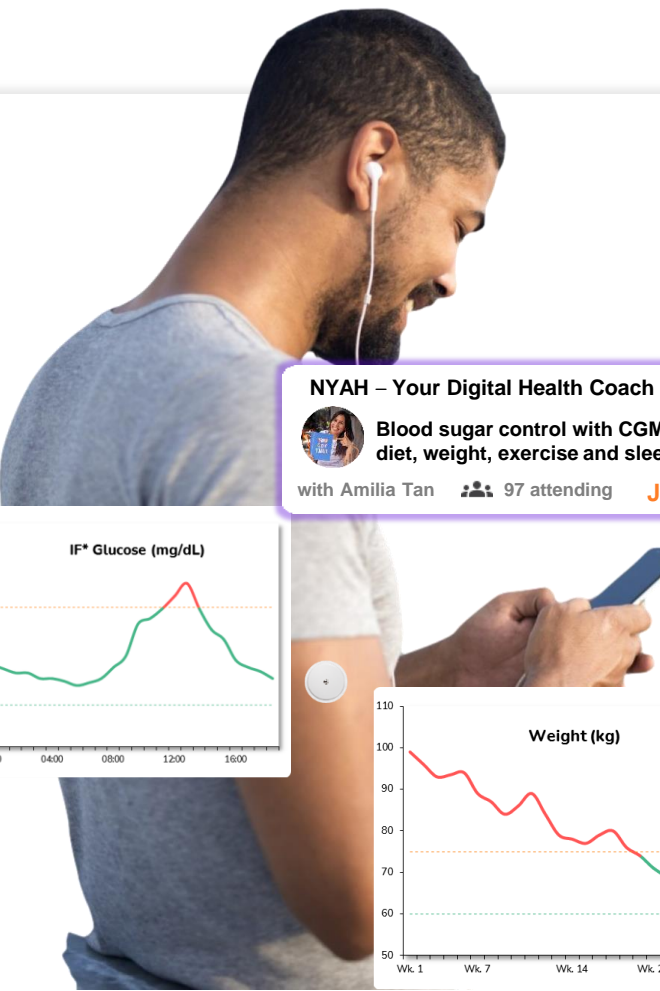
Individuals with weight and glucose imbalances, Pre-diabetes or those diagnosed with Type-1 or Type-2 Diabetes mention the following reasons to consider our comprehensive glucose monitoring services:

- ✓ Effective diabetes management and weight control
- ✓ Assess diet and exercise impact on my glucose levels
- ✓ Real-time alerts on out-of-range values as nudges to move
- ✓ Identify food items likely causing weight, glucose issues
- ✓ Assess impact of modifying food choices to regulate levels
- ✓ Insights on medication and exercise response impacting individual weight and glucose levels
- ✓ Personalized diet and lifestyle advice for behavior change
- ✓ Empowers me to make smarter nutrition, fitness and lifestyle choices





CGM Health Screening (Combines Continuous Glucose Monitoring with Executive Health Screening)

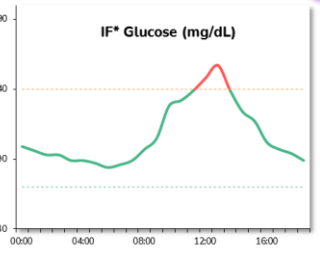
Get the same Glucose Monitoring (CGMgenix) assessment in all packages. Difference in cost is due to blood tests, ultrasound options* in packages below.



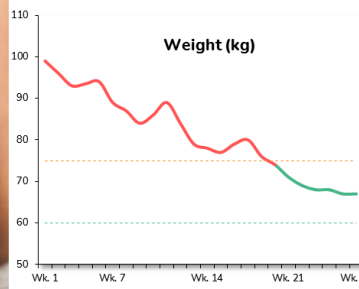
NYAH – Your Digital Health Coach

 **Blood sugar control with CGM for diet, weight, exercise and sleep!**

with Amilia Tan  97 attending [JOIN](#)



IF* Glucose (mg/dL)



Weight (kg)

~~\$329~~
\$279

Novum

CGM + Basic Blood Tests included

- CGM Assessment (CGMgenix)
- 44 basic blood tests
- No report review

BUY NOW 

~~\$499~~
\$399

Magnum

With 3x cancer markers screen

- All of Elementum++
- 3x cancer markers, 2x Hep. B markers, 1x Hep. A biomarker

BUY NOW 

~~\$399~~
\$349

Elementum

With vitamin deficiency screen

- All of Novum++
- Vitamins, Diabetes, Heart Health screening
- 1x doctor review + 1x scientific review

BUY NOW 

~~\$599~~
\$499

Optimum

With 1x Ultrasound or tests/scans*

- All of Magnum++
- Choice of 1x Ultrasound or specialized tests

BUY NOW 

***Note:** Blood tests are done at clinic locations at Royal Square Novena or Paragon. Detailed health advisory emailed upon purchase.



Blood Tests Included

| Category | Test Name | Novum | Elementum | Magnum |
|---|---------------------------------------|-------|-----------|--------|
| Energy & Metabolism | Blood Sugar (Fasting or Non-fasting) | ✓ | ✓ | ✓ |
| | HbA1c (Type-2 Diabetes Screen) | ✗ | ✓ | ✓ |
| Heart Health Risk | Total Cholesterol | ✓ | ✓ | ✓ |
| | HDL, LDL Cholesterol, Triglycerides | ✓ | ✓ | ✓ |
| | Cholesterol Ratio(s) | ✓ | ✓ | ✓ |
| Inflammation Risk | Inflammation Marker (hsCRP CRP) | ✗ | ✓ | ✓ |
| Vitamin Deficiency | Vitamin D, Vitamin B12 | ✗ | ✓ | ✓ |
| Bone & Joint Health (Asses osteoporosis or rheumatoid arthritis risk) | Calcium, Phosphate | ✓ | ✓ | ✓ |
| | Uric Acid (Gout Risk) | ✓ | ✓ | ✓ |
| | Rheumatoid Arthritis (RA) Factor | ✗ | ✓ | ✓ |
| Liver Health (Asses liver enzymes, function, damage, inflammation, or fatty liver / fibrosis risk) | Total Bilirubin (+ Direct, Indirect) | ✓ | ✓ | ✓ |
| | Alkaline Phosphatase (ALP) | ✓ | ✓ | ✓ |
| | SGPT/ALT, SGOT/AST, Gamma GT | ✓ | ✓ | ✓ |
| | Protein, Albumin, Globulin, AIG Ratio | ✓ | ✓ | ✓ |
| | FIB-4 Index (Assess Fibrosis Risk) | ✓ | ✓ | ✓ |
| Urine Examination | Urine Microalbumin Ratio, Urinalysis | ✗ | ✓ | ✓ |

Optimum = All of Magnum + ONE (01) extra option (see next page)

Choose ONE (01) option of specialized blood tests, ultrasound, or scans. If you wish to add more options, indicate the same upon your purchase to enjoy bundle discounts.

| Category | Test Name | Novum | Elementum | Magnum |
|--|---|-------|-----------|--------|
| Kidney Health (Assess kidney function to detect early signs of kidney disorders) | Urea | ✓ | ✓ | ✓ |
| | Creatinine | ✓ | ✓ | ✓ |
| | Sodium, Potassium | ✓ | ✓ | ✓ |
| | Chloride | ✓ | ✓ | ✓ |
| | Bicarbonate | ✗ | ✓ | ✓ |
| | Anion Gap (Acid-Base Imbalances) | ✗ | ✓ | ✓ |
| | eGFR (Estimated Glomerular Filtration Rate) | ✓ | ✓ | ✓ |
| Thyroid Function | Free Thyroxine (FT4) | ✓ | ✓ | ✓ |
| | Thyroid Stimulating Hormone (TSH) | ✓ | ✓ | ✓ |
| Blood Profile (Detect early signs of iron deficiency anemia or other blood disorders) | Full Blood Count (incl. RDW) | ✓ | ✓ | ✓ |
| | ESR, Peripheral Blood Film (PBF) | ✓ | ✓ | ✓ |
| | Blood Group (ABO & Rhesus) | ✓ | ✓ | ✓ |
| Hepatitis A & B Screen | Hepatitis Bs Antigen, Antibody (HBsAg, HBsAb) | ✗ | ✗ | ✓ |
| | Hep. A Total Antibody (in non-fasting profile*) | ✗ | ✗ | ✓ |
| 3x Cancer Markers | Liver (AFP). Colon and Lungs (CEA) | ✗ | ✗ | ✓ |
| | For Women: Ovaries (CA125) | ✗ | ✗ | ✓ |
| | For Men: Prostate (PSA) | ✗ | ✗ | ✓ |

With Optimum: Add-on Quarterly Subscription Extra (\$69.90/- per visit)

| | |
|---|---|
| Body Measurements and Vitals (BMI, BP, SpO2) | ✓ |
| Metabolic Health: Body Composition Assessment | ✓ |
| Cardiac Risk: Resting Electrocardiogram (ECG) | ✓ |
| Vision Check: Visual Acuity, Color Vision, Contrast | ✓ |



For Optimum (Choose ANY ONE option for FREE or at Extra Cost)

| Options Available | ID# | Test Name | Top-up Fee Extra |
|------------------------------------|-----|--|---------------------|
| Choose ANY ONE (01) for FREE | 1 | Ultrasound Kidneys OR Ultrasound Thyroid | No top-up fee extra |
| | 2 | Bone Mineral Density (BMD) – Assess risk of osteoporosis, bone and joint health | |
| | 3 | Specialized Blood Test: Heart (ApoB, LP(a)) OR Metabolism (Insulin + Cortisol) OR Hormones OR Iron Deficiency Screen | |
| | 4 | For Women: Ultrasound Pelvis (Transabdominal) OR Pap Smear (LBC ThinPrep) OR Ultrasound Breast (for those under 40 y.o.) | |
| | 5 | Resting ECG AND Chest X-Ray (Filmless) AND Stool Occult Test | |
| | 6 | Supplements: 1 unit (Vitamin OR Mineral) AND 1 unit Probiotic supplement | |
| Choose ANY ONE (01) for Extra Cost | 7 | Ultrasound KUB (Kidneys, Ureter, Bladder) OR Ultrasound Neck | \$79/- |
| | 8 | For Women: Ultrasound Pelvis (Transvaginal for PCOS/PCOD Diagnosis) OR HPV DNA (Prevent cervical cancer) | \$99/- |
| | 9 | For Women (over 40 y.o.): Mammogram (Prevent breast cancer) | \$99/- |
| | 10 | Ultrasound Hepatobiliary (Liver, Pancreas, Spleen and Gallbladder) | \$99/- |
| | 11 | For Men: Ultrasound Prostate (Prevent prostate cancer) | \$99/- |
| | 12 | Diet Weight Management: Continuous Glucose Monitoring (Abbott Freestyle Libre) | \$109/- |
| | 13 | Ultrasound Abdomen (Liver, Pancreas, Spleen, Gallbladder and Kidneys) | \$109/- |
| | 14 | Ultrasound Liver with Elastography (to assess liver stiffness and/or fibrosis risk) | \$159/- |
| | 15 | Specialized Blood Test: Metabolic Efficiency Assessment (Comprehensive Insulin Resistance Screen) | \$179/- |
| | 16 | Detailed Heart Function: Stress ECG (Treadmill) | \$179/- |
| | 17 | DEXA Scan: Body Composition Assessment (fat, muscle) | \$199/- |
| | 18 | Heart Health Risk: CT Coronary Calcium Score | \$259/- |
| | 19 | Heart Health Risk: 2D Echocardiogram | \$299/- |

Contact us  EHS@genixpro.com |  **WhatsApp: +65-88752304 to add-on more than ONE (01) option** or if you wish to inquire about other health screening packages.

Blood tests, Ultrasound and Scans require a visit to our clinic location at Royal Square Novena or Paragon. Ultrasound and scans require an appointment to be scheduled before your visit.



Add-on Options (Additional charges* apply)

01 Nutritional Deficiency

Magnesium (Mg), Zinc (Zn), Iron Deficiency Anaemia Screen (see 02)

02 Iron Deficiency Anaemia (Fatigue | Tiredness)

Iron, Ferritin, Transferrin, TIBC, % Iron Saturation, Folic Acid (B9)

03 Cardio-Metabolic Risk (Longevity)

- Lipoprotein(a), APOB, Homocysteine, Total Testosterone OR Estradiol (E2), Cortisol, DHEAS, Insulin.
- **Extra(s)*:** Ferritin, Testosterone (F), Estradiol (M), Insulin Resistance Screen (Basic: HOMA-IR or Comprehensive: Kraft Test*), Telomere Length Test, myTrueAge (Biological Age Test)*

04 Cardiac Health Risk Screen

- Lipoprotein (a), APOB, APOA1, CK, Homocysteine.
- **Extra(s)*:** Insulin, Cortisol, High Sensitive Troponin-I

05 Cardio-Respiratory Fitness

- Body Fat Assessment (DEXA Scan | InBody)
- VO2Max Test – Aerobic Fitness (Treadmill or Bike)

06 Cancer Markers

- Pancreas (CA 19.9), Nose (EBV), Breast (CA 15.3) OR Testicular
- **Extra(s)*:** Free PSA %, SCC
- Liver (AFP), Colon (CEA), Ovaries (CA125) OR Prostate (PSA) – Included in GutSense

07 Colon Cancer Screening

- Stool Occult Blood (Basic) OR FIT – Fecal Immunological Screen (Advanced)

08 Stomach Ulcer Screen – Helicobacter Pylori | SIBO

- H. Pylori Blood Test (Basic) OR Urea Breath Test (Advanced)
- SIBO Breath Test

09 Cervical Cancer Screen (Female)

- HPV DNA (Higher Accuracy) OR Pap Smear (LBC Thin Prep)

10 Hepatitis Markers

- Hepatitis A Antibody
- Hepatitis C Antibody
- Hepatitis B included in GutSense

11 Hormone Profile (Female)

- FSH, LH, Prolactin, Estradiol (E2), Progesterone.
- **Extra(s)*:** Testosterone, DHEAS, SHBG

12 Fertility Screen (Female)

- FSH, LH, Prolactin, Estradiol (E2), Progesterone, Ovarian Reserve (AMH), Pregnancy (hCG),

13 Stress | Anti Ageing (Female)

- Estradiol (E2), DHEAS, IGF1, Cortisol
- **Extra(s)*:** IGFBP3, DUTCH Test (Hormones)

14 Menopause | Menstrual Irregularities | PCOS

- FSH, LH, Estradiol (E2)
- **Extra(s)*:** Prolactin, Selenium

15 Hormone Profile (Male)

- FSH, LH, Prolactin, Total Testosterone
- **Extra(s)*:** Free Testosterone, DHEAS, SHBG

16 Stress | Anti Ageing (Male)

- Total Testosterone, DHEAS, IGF1, SHBG, FAI, Cortisol
- **Extra(s)*:** IGFBP3, DUTCH Test (Hormones)

17 Thyroid Imbalances (Weight | Mood)

- Free T3, Total T3, Total T4, TgAb, TPO
- **Extra(s)*:** TRAB, Rev. T3.

18 Hair Loss Screen (M/F)

- Free T3, Iron Deficiency Anaemia Screen (see 02), Zinc, Mg, Hormones
- **Extra(s)*:** Thyroid Antibodies

19 Digestive Enzymes

- Liver: Lactate Dehydrogenase (LDH)
- Pancreas: Amylase, Lipase
- **Extra(s)*:** LiverFAST, LiverStat

20 Kidney Function

- Urine Microalbumin/Creatinine
- **Extra(s)*:** Cystatin C

22 Sexual Health

- HIV, Syphilis, Herpes Simplex Virus Type I and II, Chlamydia, Gonorrhea

23 Immunity | Autoimmune Diseases

- Anti-Nuclear Antibodies (ANA)
- **Extra(s)*:** CD4:CD8 Ratio

*Note: Price available on request upon purchase of main package(s).

Extra(s)* incur extra cost, in addition to the add-on test fee.

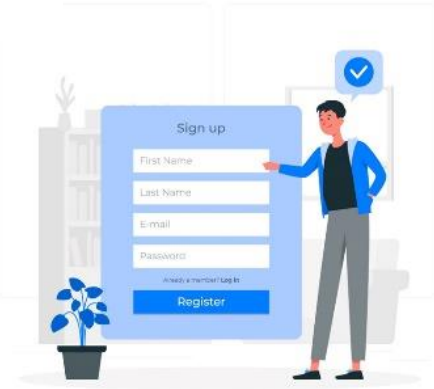


Test Description

| TEST | DESCRIPTION |
|---------------------------------|--|
| PAP Smear or HPV DNA | For women, these tests help to screen for precancerous or cancerous cells in a sample of cells collected from the surface of the cervix. |
| Ultrasound Pelvis | For women to check for abnormalities in the organs of the pelvis, including ovaries, uterus and connecting structures to detect fibroids, cysts or other masses. |
| Mammogram (≥ 40 y.o.) | A mammogram uses X-rays and is considered a gold standard for early detection of breast lumps, generally recommended for women over 40 years old. |
| Ultrasound Breast (< 40 y.o) | An ultrasound breast examination uses sound waves for early detection of specific breast lumps (solid mass vs. cyst), and is generally recommended for younger women and/or those with dense breast tissue. |
| Ultrasound Abdomen | Early detection of nodules, cyst, stones, fatty liver disease in intra-abdominal organs such as liver, gallbladder, pancreas, spleen and kidney |
| Treadmill Stress ECG | A gold standard in detecting silent ischemic heart disease. Test result reviewed by cardiologist* |
| CT Coronary Calcium Score | Checks for calcium deposits in the walls of the arteries in your heart to assess the risk of heart health conditions. |
| Ultrasound Thyroid | Detection of abnormal tissues (tumour) in your thyroid glands and tells this apart from a sac containing fluid (cyst) |
| Ultrasound Kidneys or KUB | Ultrasound Kidneys to assess the blood flow to the kidney as well as its size, shape and location or KUB: to assess structural abnormalities along your entire urinary tract, such as stones, cysts and growths. |
| Ultrasound Prostate | Check for abnormalities in the male prostate gland, such as masses that could indicate cancer or general enlargement. |
| Chest X-Ray (Filmless) | Evaluation of lungs, heart and surrounding anatomy for abnormalities or for signs of congestive heart failure (CHF) |
| Bone Mineral Densitometry (BMD) | Provides a snapshot of bone health, identify osteoporosis and determine risk for fractures as we age |
| Ultrasound Carotid | Assess cardiovascular and stroke risk if cholesterol plaque is present, by checking the thickness of the inner two layers of the carotid artery |



How It Works



Join

1. Choose your package and add-on options (if any)
2. Purchase online. E-receipt emailed upon confirmation
3. Schedule your appointment from the next screen



Test

4. Test at clinic location(s) at either Royal Square Novena or Paragon
5. Our packages allow greater flexibility to test anytime within 6-months of purchase



Know

6. Get results ready email notification (app, portal, WA)
7. Schedule Dr. review* of lab test results (online – video)
8. Use AI Assistants to generate a personalized action plan



Act

9. Adhere to plan. Track results. Use voice, text AI Assistants for inquiries or to customize your recommendations, next steps
10. Transform your health. Retest. Optimize your healthspan.

***Note:** Basic review included. Specialist or longevity medicine consultations for functional insights charged extra.

Specialty Add-ons

DNA HEALTH INSIGHTS



PREDICT | HEALTH RISKS

Learn about your innate health traits, nutritional deficiencies and needs, hereditary health risk predispositions, likely food sensitivities & intolerances.

EXPLORE 

GUT HEALTH INSIGHTS



PERSONALIZE | NUTRITION

Assess gut microbiome composition, likely beneficial and harmful bacteria, their impact on health, probiotics and supplementation, food to eat or avoid.

EXPLORE 

SUPPLEMENTS SUBSCRIPTION



CUSTOMIZE | SUPPLEMENTS

Customize supplements subscription based on individual needs, uniquely identified from health assessment recommendations and your lab tests.

EXPLORE 

