

# Maximize Your DNA Health.

Live Healthy, Longer.



**21<sup>st</sup> Century Health**




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**My DNA Health** 

**ARE YOU...**

- ✓ Lacking in vitamins, minerals
- ✓ Lactose or gluten intolerant
- ✓ At risk of nutritional deficiency
- ✓ At risk of allergy, food sensitivity
- ✓ A carrier of hereditary diseases

**Discover Today**



**PREDICT | HEALTH RISKS**  
DNA HEALTH SCREENING

MAXIMIZE YOUR DNA HEALTH  
SCAN TO LEARN MORE

genixpro

**BUY NOW** ✨

**\$229**

\*No report review.

## DNA NUTRIGENOMIC TEST (DNAassess)

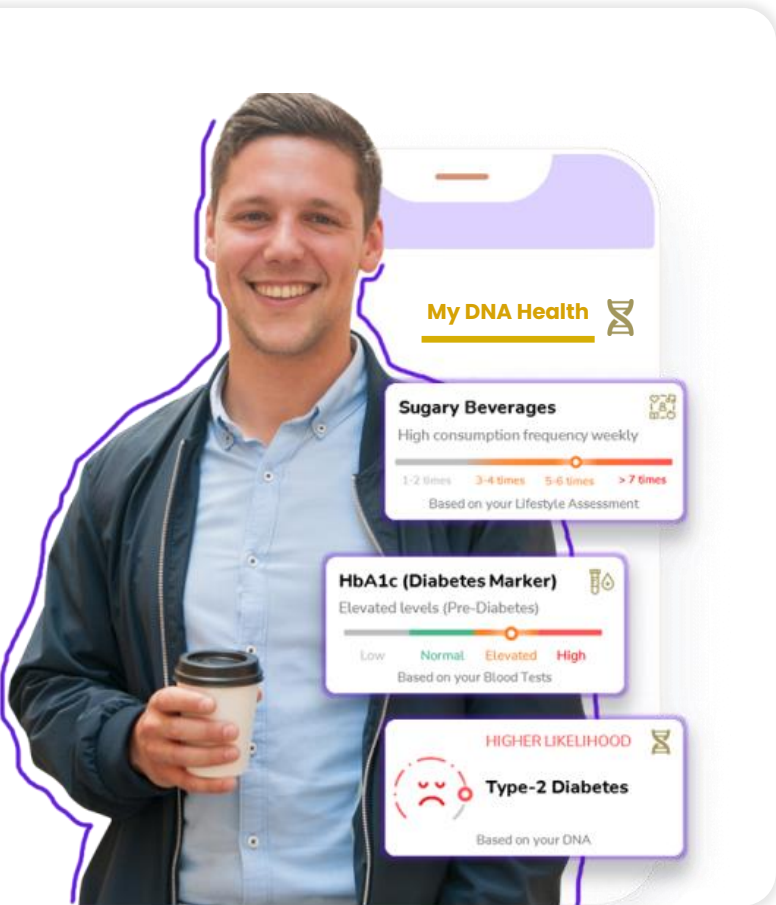
Our members choose to fully decode their DNA health proactively, to maximize their genetic potential and to gain early insights about:

- ✓ Diet and metabolism, DNA methylation, nutritional deficiencies
- ✓ Personalized vitamins, micronutrient needs and ideal dosages
- ✓ Lactose and gluten intolerances; alcohol, caffeine, salt sensitivity
- ✓ Fitness and exercise potential, likely ACL or Achilles injury risks
- ✓ Eating behavior, weight loss potential, and weight regain issues
- ✓ Disease risks influenced by genes and lifestyle, early interventions
- ✓ Health risk carrier status, fertility or premarital DNA risk screen
- ✓ Inflammation; cardiovascular; bone, joint, musculoskeletal health
- ✓ Autoimmune diseases, thyroid imbalances, skin and hair conditions
- ✓ Sleep Apnea, poor sleep depth or quality influenced by genes



# DNA Health Screening (Combines DNA Nutrigenomic Test with Executive Health Screening)

Get the same DNA test (DNAassess) in all packages. Difference in cost is due to blood tests, ultrasound options\* in packages listed below.



~~\$329~~  
**\$279**

Participate

DNA + Basic Blood Tests included

- DNA Nutrigenomic Test (DNAassess)
- 44 basic blood tests
- No report review

BUY NOW

~~\$379~~  
**\$299**

Predict

With vitamin deficiency screen

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

BUY NOW

~~\$449~~  
**\$349**

Prevent

With 3x cancer markers screen

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

BUY NOW

~~\$549~~  
**\$449**

Prevail

With 1x Ultrasound or tests/scans\*

- All of Prevent++
- 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.

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# Blood Tests Included

Category	Test Name	Participate	Predict	Prevent
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	✗	✓	✓

Category	Test Name	Participate	Predict	Prevent
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 (CEA)	✗	✗	✓
	For Women: Ovaries (CA125)	✗	✗	✓
	For Men: Prostate (PSA)	✗	✗	✓

**Prevail = All of Prevent + 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.

**With Prevail: 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 Prevail (Choose ANY ONE option for FREE or at Extra Cost)

Options Available	ID#	Test Name
<div>Choose ANY ONE (01) for FREE</div> <div>OR</div>	1	Ultrasound Kidneys <b>OR</b> Ultrasound Thyroid
	2	Bone Mineral Density (BMD) - Assess risk of osteoporosis, bone and joint health
	3	Resting ECG <b>AND</b> Chest X-Ray (Filmless) <b>AND</b> (Urine Microalbumin <b>OR</b> Stool Occult Test)
	4	Specialized Blood Test: Heart (ApoB, LP(a)) <b>OR</b> Metabolism (Insulin + Cortisol) <b>OR</b> Hormones <b>OR</b> Iron Deficiency
	5	Women: Ultrasound Pelvis (Transabdominal)
	6	Women: Pap Smear (LBC ThinPrep)
	7	Women (under 40 y.o.): Ultrasound Breast
	8	Supplements: 1 unit (Vitamin <b>OR</b> Mineral) <b>AND</b> 1 unit Probiotic supplement
<div>Choose ANY ONE (01) for Extra Cost</div>	9	Ultrasound KUB (Kidneys, Ureter, Bladder) <sup>\$59 extra</sup> <b>OR</b> Ultrasound Neck <sup>\$59 extra</sup>
	10	Women: Ultrasound Pelvis (Transvaginal for PCOS/PCOD Diagnosis) <sup>\$79 extra</sup>
	11	Women: HPV DNA Cervical Cancer Screening (Higher Accuracy) <sup>\$79 extra</sup>
	12	Women (over 40 y.o.): Mammogram <sup>\$79 extra</sup>
	13	Ultrasound Hepatobiliary (Liver, Pancreas, Spleen and Gallbladder) <sup>\$79 extra</sup>
	14	Men: Ultrasound Prostate (Prostate Cancer Screen) <sup>\$99 extra</sup>
	15	Diet   Weight Management: Continuous Glucose Monitoring (Abbott Freestyle Libre) <sup>\$99 extra</sup>
	16	Ultrasound Abdomen (Liver, Pancreas, Spleen, Gallbladder and Kidneys) <sup>\$99 extra</sup>
	17	Ultrasound Liver with Elastography (to assess liver stiffness and/or fibrosis risk) <sup>\$159 extra</sup>
	18	Specialized Blood Test: Metabolic Efficiency Assessment (Comprehensive Insulin Resistance Screen) <sup>\$179 extra</sup>
	19	Treadmill Stress ECG (Detailed Heart Function) <sup>\$179 extra</sup>
	20	Body Composition (fat, muscle) DEXA Scan <sup>\$199 extra</sup>
	21	CT Coronary Calcium Score <sup>\$259 extra</sup>
	22	2D Echocardiogram <sup>\$299 extra</sup>

Contact us  [EHS@genixpro.com](mailto: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 Prevent

## 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 Prevent

## 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

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



# 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



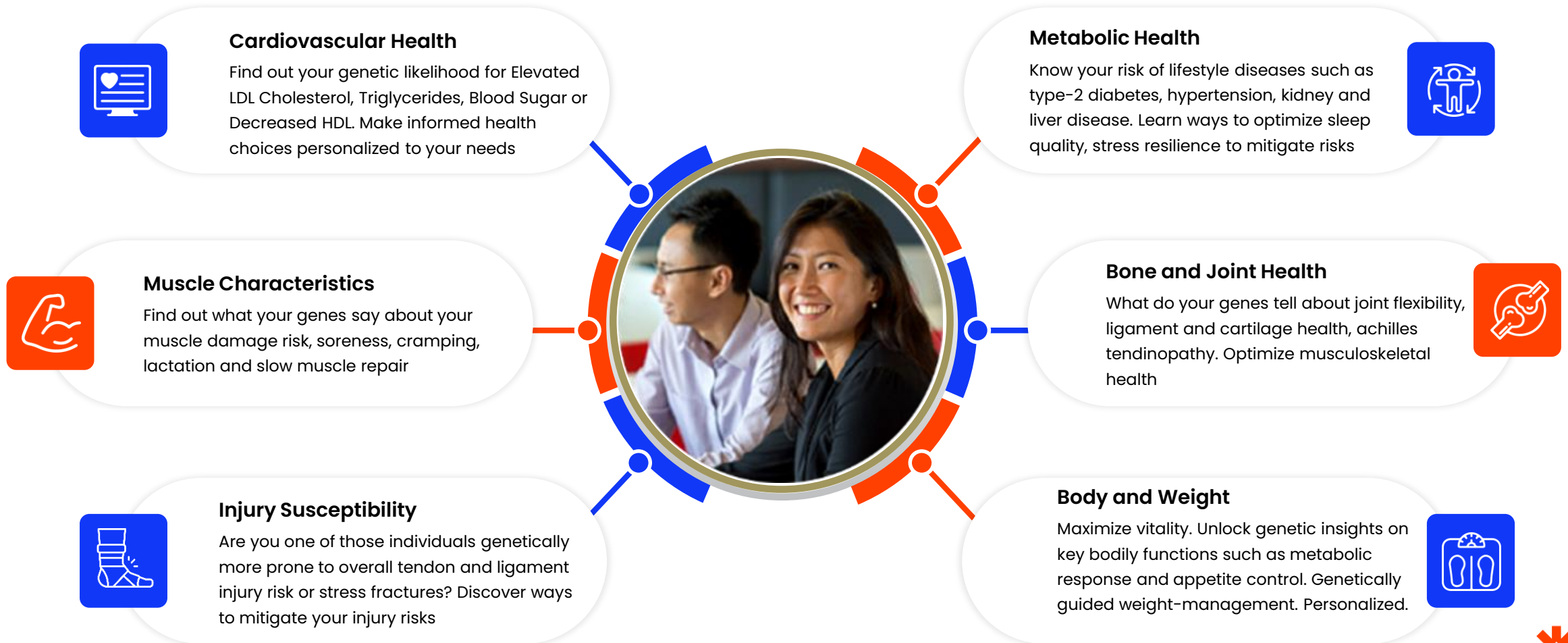
# What You May Learn

About your nutrition and fitness.

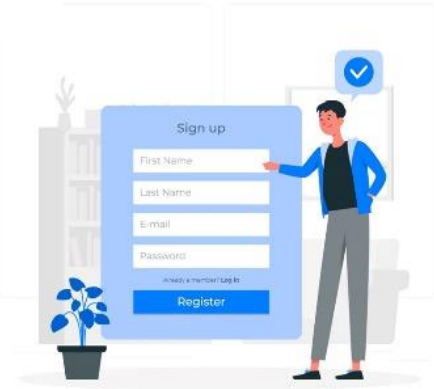


# What You May Learn

About your health conditions.



# 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.

# Specialty Add-ons

## 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



### PERSONALIZE | SUPPLEMENTS

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

EXPLORE ✨

## GLUCOSE MONITORING (CGM)



### CUSTOMIZE | YOUR DIET

Monitor your blood glucose levels to understand ways your diet, lifestyle, activity, sleep, stress and glucose imbalances impact metabolic health.

EXPLORE ✨

