



## DISCOVER YOUR **TRUE SELFIE**

Genomepatri™, Mapmygenome's **DNA-based health and wellness solution**, helps you discover your true selfie. This provides 100+ easy to read reports that contain insights about your genetic make-up, susceptibility to health conditions, and how you react to medications.



**20%** of Indians suffer from at least one chronic disease.

The majority of the chronic diseases are preventable. Studies prove that several genes influence various aspects of wellness - from nutrition, metabolism, heart health, immunity, brain function, gut health, and more. Although factors like physical fitness and lifestyle have a major say in your health, your genes play a bigger role. This is where Genomepatri™ comes in.

**Early detection, personalisation and prevention is key to one's well-being.**

Genomepatri™ is the ultimate DNA-based wellness test, which provides you a 360° view of your health. Using Genomepatri, design your lifestyle and proactively take charge to achieve long-term health goals. This comprehensive wellness solution includes free genetic counselling with personalised recommendations to switch to healthy habits.

### **BENEFITS**

- Know yourself better - gain insights into physiological and lifestyle traits & patterns that define you
- Helps you in personalising diet and fitness
- Identify potential risk for lifestyle/chronic disease and consider early intervention
- Find how you respond to commonly prescribed medicines
- Personalised action plan for better health based on your DNA and family health history

### **FEATURES**



100+ conditions covering all aspects of health.



Once in a lifetime and Non-invasive.



Easy to read and self-explanatory report.



Fast reporting with 99.9% data accuracy.



Free Genetic counseling session with a personalised recommendation report.

## WHO CAN TAKE THIS?

- Have a family history of diseases
- Who want to personalise diet, fitness, and wellness
- Proactive about their health or having a sedentary lifestyle

## CONDITIONS COVERED



### Traits

Sleep depth, Obesity, Caffeine consumption, Resilience, and many more



### Nutrition and Fitness

Muscle performance, Diet pattern, Vitamin D levels, Polyunsaturated fatty acids (PUFA), and many more



### Disease Risk

Coronary heart disease, Type 2 diabetes, Lung cancer, Hypothyroidism, and many more



### Drug Response

Clopidogrel, Warfarin, Simvastatin, Codeine and many more

## PROCESS



## TESTIMONIALS

The inferences and findings from the Geneompatri™ have been quite useful. Some of it was expected but a few of them were quite unexpected. It also provided what action I have to take for a healthy life.

**MERCY RAJ**

Genomepatri™ test cautioned me and also advised me on action to stay healthy. All my queries were promptly replied and genomics counselling was a pleasant experience as if I am talking to my family doctor.

**CHANDRA SHEKHAR**

## WHY MAPMYGENOME™?



24X7  
Service



Latest Sequencing  
Technology



22+ Years of  
Genetic Experience



Accredited  
Laboratory



Genetic  
Counseling

**mapmygenome™**  
Know Yourself



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