

## What is Clinical Genomic Testing?

You may have seen commercials for companies that provide DNA tests and health reports to the general public, often piggybacking on consumer interest in genealogy and ancestry. We appreciate that their marketing efforts have brought the concept of genomics and health into the public eye. However, these direct-to-consumer tests and reports are not medically comprehensive. In other words, they don't tell the whole story.

IntellxxDNA™ provides your clinician with in-depth, evidence-based, science-focused genomic intelligence. When your results are ready, you will meet with your clinician to discuss the risks and benefits within your genomic profile, and review potential prevention or intervention strategies to help you achieve optimal health and wellness. The entire process supports your clinician in delivering to you an informed interpretation of your genomic information and a better understanding of potential next steps.



I never thought I would be healthier and feel better in the second half of my life than the first. IntellxxDNA™ helped me lose weight, get rid of my stomach problems, and improve the quality of my life.

Susan | Age 47

Patient of Clinician Who Uses IntellxxDNA™



## What Do IntellxxDNA™ Reports Show?

IntellxxDNA™ reports don't make decisions for you. Instead, they provide unprecedented insight into your unique genetic make-up to assist your clinician in developing true, personalized care. How?

Your DNA contains variants, or SNPs (single nucleotide polymorphisms), that may signal potential benefits and risks that lie within your DNA. Our reports examine the complex interplay between these variants and how they can affect your quality of life. We include evidence-based, well-researched potential intervention strategies – encompassing environment, lifestyle, nutrition, supplements and medications – that will serve as a basis of discussion between you and your clinician.

Learn more at [www.IntellxxDNA.com](http://www.IntellxxDNA.com)

## What are Common Questions?

**Genomics seems scary. Do I really want to know? And if I do know, what can I really do about it?**

Your DNA is not your destiny. In fact, understanding your genomic profile empowers you to make intelligent health and wellness choices that may impact your future quality of life. IntellxxDNA™ reports focus on the health and wellness of the whole person, rather than on isolated disease states. Your clinician will review your genomic profile as one of several factors of consideration when making clinical decisions to help you achieve optimal health.

**Why do I have to go through my clinician to receive IntellxxDNA™ testing and genomic reporting?**

Unlike ancestry-based genomics, the field of medical genomics is complex, even for well-trained clinicians. IntellxxDNA™ provides clinicians with ongoing education to ensure that they have access to research-based, accurate information.

**Does health insurance pay for IntellxxDNA™ tests or reports? Will genetic testing affect my health insurance?**

IntellxxDNA™ is not direct-to-consumer and is not covered by insurance at this time. The Genetics Information Nondiscrimination Act of 2008 (GINA) prohibits insurance companies and employers with >15 employees from acquiring results of genetic tests. Group health insurance companies cannot use genetic information to deny coverage, establish pre-existing condition clauses, or change premiums. They also cannot require genetic testing.

**Will my genetic test results be included in my medical record?**

IntellxxDNA™ provides a patient portal or “dashboard” that can be used to store your discussions of your genomics — outside of your medical record. It will be up to you and your clinician to decide what information, if any, is included in your formal medical chart. Genetic information in medical records is subject to review by providers of life insurance, long-term care insurance and disability insurance. If your IntellxxDNA™ report uncovers information that may be important to include in your health record, discuss the pros and cons with your licensed health care professional.



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## Three Exciting Report Options Available!

Whether you pick the Medical Overview, Brain Optimization or the Executive Combination Report, the most unique feature of an IntellxxDNA™ report is that it provides your clinician with actionable ways to address your DNA and health concerns using food, vitamins, supplements, lifestyle changes and targeted medications so you can feel your best and optimize your health. IntellxxDNA™ reports allow for truly personalized medicine. When decisions are made taking your DNA into account, you know the recommendations your clinician makes **are targeted for you!**

### Medical Overview Report

This report provides a thorough overview of common health concerns including heart disease, diabetes, osteoporosis, thyroid, obesity and macular degeneration. Also included are genes related to your tendencies to form blood clots, how you respond to anesthesia and pain meds, how you clear mercury, pesticides and other chemicals, lactose intolerance and other causes of irritable bowels, gluten intolerance, and key methylation, nutrient and vitamin panels. Over 300 genetic variants are analyzed and linked to research within 20 different organized topics, allowing your clinician to provide a highly individualized health plan to optimize your quality of life and achieve your health goals.

### Brain Optimization Report

The exciting Brain Optimization Report is designed to optimize your brain health and to help understand reversible and addressable causes of brain fog, mild memory loss and Alzheimer's, including hidden vascular dementia or stroke risk. There are hundreds of little differences in our DNA that affect cognition and brain nutrient pathways. In addition to the well-known APOE ε4, genetic variants highlighted in this report relate to numerous pathways of clearing toxins such as mercury, pesticides and glyphosates, inflammation, hormone related pathways, mitochondrial factors, homocysteine and methylation pathways and more. Your clinician will be able to provide potential interventions based on your DNA and published medical literature.

### Executive Combination Report

This report includes all the topics and components in the Medical Overview and Brain Optimization Reports. Through the analysis of the clinically relevant Executive Combination Report, the breadth of your overall health can be addressed.

## Understanding Our Refund Policy

We have a straightforward refund policy to protect the integrity of test kits, patient privacy and genomic reporting. It is important for every patient to be fully informed prior to making a final decision.

**IntellxxDNA™ saliva test kits and genomic reports are non-refundable. In addition, IntellxxDNA™ saliva test kits cannot be re-sold or transferred to another person.**

## Why We Aren't Direct-To-Consumer

IntellxxDNA™ genomic reports are clinical decision support tools. In order to make recommendations for interventions, your genomic information must be utilized by your clinician in combination with a full medical history and knowledge of your current medications, supplements, nutrition and other factors.

You can't change your DNA

but you can change how you to it.

Genomics can help your clinician recommend lifestyle, diet, supplements, and medications that are tailored just to you. Your family history doesn't have to be your destiny.

Let's get started.

**IntellxxDNA™**  
Intelligent Science. Intelligent Living.

1

Your clinician will initiate the process and provide the login information to your online patient portal. Sign your consent form and read all online instructions.

2

When your saliva test kit arrives in the mail, by entering the Patient ID located below the barcode on the test tube. Follow collection instructions carefully. Go to your portal and view additional instructions and FAQs.

3

Mail your kit. Prior to mailing, remove the outer sleeve on the kit. No postage is needed in the USA. You will receive an email when your results are available.

4

Schedule an appointment with your clinician to discuss your results. Most patients benefit from a series of appointments.

Spit happens.  
Now what?

Genomics  
is the ~~future~~ of medicine.  
*present*

**IntellxxDNA™**  
Intelligent Science. Intelligent Living.