

# Your Health Overview Report

This report summarizes your key health insights, suggests most important labs to test and shows your top actionable recommendations to optimize your well-being.

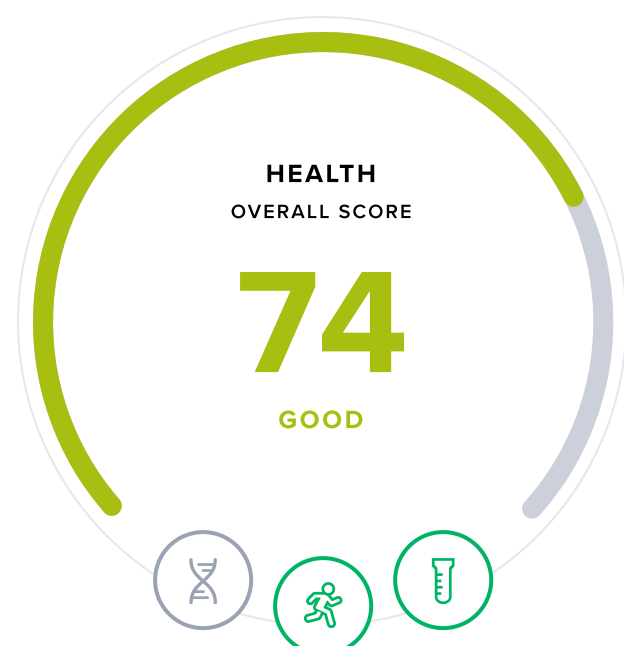
## Your Overall Health Score

[See Your Dashboard](#)

**Take charge of your health! Use this report as a guide to make informed decisions that can improve your score and optimize your well-being.**

Your overall health score is a snapshot of your current health state across your DNA risks, your lab test results and your lifestyle. A higher score indicates a higher overall well-being and a lower risk of developing chronic diseases. Read on, to find out which factors contribute to your score and discover specific personalized recommendations to improve your health.

### Overall Health Score Breakdown



**DNA**  
FAIR

**44**



**Lifestyle**  
GREAT

**92**



**Labs**  
GREAT

**87**



Score explanation:

● Poor (0-20)

● Suboptimal (20-40)

● Fair (40-60)

● Good (60-80)



















● Great (80-100)

# Your Category Health Scores

[See Your Dashboard](#)

This section shows you a break-down of your scores for various health categories, like heart & blood vessels, sleep, immunity & infections, and more. Understanding your strengths and weaknesses across these areas allows you to tailor your approach to health optimization. For instance, a high heart & blood vessels score indicates a low risk of cardiovascular disease, while a lower immunity & infections score might suggest incorporating strategies to boost your body's natural defenses.

Focus on improving your lower-scoring categories first. By addressing areas that need the most attention, you can significantly impact your overall health.

 <div>Headaches &amp; Migraines GOOD</div>	65	 <div>Allergies GOOD</div>	67	 <div>Kidney Health GOOD</div>	67
 <div>Cognition GOOD</div>	68	 <div>Longevity GOOD</div>	68	 <div>Dental &amp; Mouth Health GOOD</div>	68
 <div>Thyroid GOOD</div>	69	 <div>Gut Health GOOD</div>	70	 <div>Injuries GOOD</div>	70
 <div>Energy &amp; Fatigue GOOD</div>	71	 <div>Hearing &amp; Balance GOOD</div>	71	 <div>Mental Health GOOD</div>	72
 <div>Nutrition GOOD</div>	72	 <div>Immunity &amp; Infections GOOD</div>	72	 <div>Blood Sugar Control GOOD</div>	72
 <div>Nerve Health GOOD</div>	72	 <div>Heart &amp; Blood Vessels GOOD</div>	73	 <div>Sexual Health GOOD</div>	73
 <div>Skin &amp; Beauty GOOD</div>	73	 <div>Respiratory Health GOOD</div>	73	 <div>Eye Health GOOD</div>	73
 <div>Bone Health GOOD</div>	74	 <div>Liver Health GOOD</div>	74	 <div>Urinary Tract Health GOOD</div>	74
 <div>Food Sensitivities GOOD</div>	76	 <div>Pain GOOD</div>	76	 <div>Sex Hormones GOOD</div>	76
 <div>Cancer GOOD</div>	76	 <div>Inflammation &amp; Autoimmunity GOOD</div>	78	 <div>Joint &amp; Tendon Health GOOD</div>	78
 <div>Fitness GOOD</div>	79	 <div>Addictions GOOD</div>	79	 <div>Weight &amp; Body Fat GREAT</div>	80
 <div>Detox GREAT</div>	80	 <div>Reproductive Health GREAT</div>	80	 <div>Sleep GREAT</div>	81

Score explanation:

Poor (0-20)

Suboptimal (20-40)

Fair (40-60)

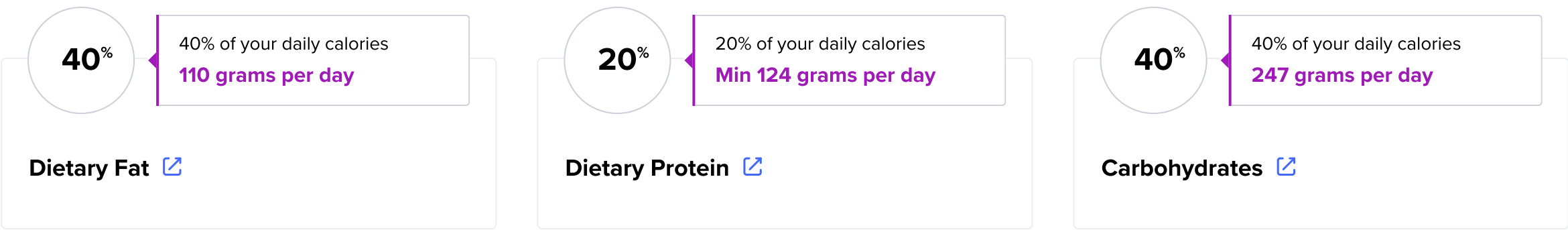
Good (60-80)

Great (80-100)

## Macronutrients Breakdown

This section shows you the ideal breakdown of your daily macros intake (carbs, protein, fat), based on your DNA and your individual needs, such as age, activity level and health goals. A balanced diet is important for your overall well-being, as it provides your body with the necessary building blocks to function properly.

If you're struggling to reach your macros, just make sure you prioritize your protein intake and consume your minimum amount per day.



## Vitamins

Key vitamins your body may need based on your DNA results.

You have an increased need for these vitamins:

- Vitamin K
- Riboflavin (Vitamin B2)
- Folate (Vitamin B9)
- Vitamin B6 (Pyridoxine)

## Minerals

Key minerals your body may need based on your DNA results.

You have an increased need for these minerals:

- Calcium
- Zinc
- Iodine

## Sensitivities

Your DNA analysis suggests potential sensitivities to certain foods and environmental factors. Being aware of these sensitivities can significantly improve your well-being.

You have an increased likelihood of developing these sensitivities:


- Gluten Sensitivity (Non-Celiac)
- Food Allergies
- Alcohol Sensitivity
- Egg Allergy
- +3 more




# Your Risks

This section outlines your risk factors and identifies areas where you might benefit from preventative measures. By understanding your risk profile, you can proactively address potential health concerns. Early intervention is often key to preventing chronic diseases and maintaining optimal well-being.

Risks explanation:

 **High & Impactful / Significantly out of optimal**


 **High / Out of optimal**





## Your DNA Risks


[↗](#)


Your DNA predispositions can influence your risk levels for certain health conditions. This section highlights the top DNA-related risks you may have.


 **Flu**


 **ApoB**


 **Food Allergies**


 **Artery Hardening**


 **Low Mood**


 **Cognitive Decline**


 **Lipoprotein(a)**


 **Chronic Pain**


 **MTHFR**


 **Acne**


 **Skin Rash (Allergic)**


 **Eating Disorders**


 **Gum Disease**


 **Tonsil Inflammation**


 **Heel Pain (Plantar Fasciitis)**


 **Low Blood Sugar**


 **Eye Sty**


 **Low Blood Pressure**


 **Homocysteine**


 **Palpitations**


 **Yeast Infection**

 **Hives**

 **Varicose Veins**

 **Leg Swelling**

 **Peptic Ulcers**


 **Mania**

**+107 more**



## Your Lifestyle Risks

[↗](#)

 **Complete all your lifestyle assessments**

Certain lifestyle habits can increase your risk of developing health problems. This section identifies your top lifestyle risks that need to be addressed in order to improve your overall health.

 **Ankle Sprains**

 **Attention Deficit Hyperactivity Disorder (ADHD)**

 **Bipolar Disorder**

 **Inguinal (Groin) Hernia**

**+18 more**

Take these lifestyle assessments next:

**Hip Pain**

**High Glutamate**

**Hyperparathyroidism**

**Lung Cancer**

**Low GABA**

**Low Serotonin**


**High Norepinephrine**

**+1 more**





## Your Lab Risks


[↗](#)


 **Test your labs frequently**


Your lab results indicate some values that fall outside the optimal range. These findings could be a sign of an underlying health concern.


 **Vitamin B12**

 **ALT**

 **IgE**

 **Glucose, Fasting**

 **MPV**

 **Isocitric Acid (Genova)**

**+70 more**

To see which labs to test next, [go to your suggested labs](#), where we suggest labs based on your DNA, lifestyle, symptoms, conditions and goals.

If you have lab results you haven't inputted, [provide them as a PDF or image](#) and we'll input them for you.

\* We accept a wide variety of lab tests from most lab test providers.



# Your Symptoms, Conditions & Goals

This section provides a personalized overview of your reported symptoms and conditions alongside your DNA risk scores for those areas. Additionally, you'll find your health goals and any related DNA insights. By understanding the interplay between your DNA, current health experiences, and desired health outcomes, you can make informed decisions and personalize your health journey.

Explore how your DNA interacts with your current health experiences and goals for a holistic perspective on your well-being.

## Your Symptoms & Conditions [↗](#)

This section details the symptoms and conditions you reported. It also presents your DNA risk scores for these areas. A typical or low DNA risk score for a reported symptom or condition suggests that genetics may not be a primary contributor and focusing on lifestyle modifications could yield even more significant improvements.

⚠️ Food Allergies

⚠️ Low Mood

⚠️ Bloating

⚠️ Dairy Sensitivity (Casein)

⚠️ Flatulence (Gas)

⚠️ Gluten Sensitivity (Non-Celiac)

⚠️ Hemorrhoids

✅ Dark Eye Circles

✅ Hair Graying

✅ Hair Loss

✅ Low Energy (Chronic Fatigue)

✅ Reduced Bile Flow

✅ Tendon Lining Inflammation

✅ Underactive Thyroid

✅ Eyelid Inflammation

✅ Gut Inflammation

+1 more



## Your Goals [↗](#)

This section highlights reports directly related to your health goals. We analyze your DNA to identify any genetic predispositions or insights that might be relevant to achieving these goals.

⚠️ Mood

⚠️ Short Term Memory

✅ Cognitive Function

✅ Creativity

✅ Energy

✅ Exercise Recovery

✅ Focus

✅ Hair Growth

✅ Longevity

✅ Memory

✅ Sleep Quality

✅ Strength

✅ Immunity

✅ Injury Healing

+3 more

Risks explanation:

⚠️ High & Impactful / Significantly out of optimal

⚠️ High / Out of optimal

✅ Typical / Normal

✅ Low / Optimal

# Your Top Recommendations

See All Recommendations [↗](#)

## Supplement [↗](#)

This section provides personalized supplement recommendations to address

Find your top 10 supplement recommendations below. For more details on each supplement, what it helps with, its recommended dosage, possible side effects and references, click on the recommendation title.



1

Maintain Optimal Vitamin D Levels

Addresses 42 DNA risks, 9 lab risks and 7 lifestyle risks

Helps with these symptoms, conditions & goals:  
Cognitive Function, Energy, Flatulence (Gas), Focus [+10 more](#)

2

Zinc

Addresses 22 DNA risks, 8 lab risks and 5 lifestyle risks

Helps with these symptoms, conditions & goals:  
Cognitive Function, Focus, Food Allergies, Immunity [+6 more](#)

3

Probiotics

Addresses 23 DNA risks, 8 lab risks and 2 lifestyle risks

Helps with these symptoms, conditions & goals:  
Flatulence (Gas), Food Allergies, Gut Inflammation, Immunity [+5 more](#)

4

Omega-3 (Fish Oil)

Addresses 23 DNA risks, 9 lab risks and 4 lifestyle risks

Helps with these symptoms, conditions & goals:  
Exercise Recovery, Focus, Gut Inflammation, Immunity [+5 more](#)

5

Curcumin

Addresses 14 DNA risks, 8 lab risks and 5 lifestyle risks

Helps with these symptoms, conditions & goals:  
Cognitive Function, Energy, Exercise Recovery, Focus [+8 more](#)

6

Magnesium

Addresses 14 DNA risks, 7 lab risks and 5 lifestyle risks

Helps with these symptoms, conditions & goals:  
Cognitive Function, Energy, Exercise Recovery, Focus [+6 more](#)

7

Lactobacillus Plantarum

Addresses 13 DNA risks, 5 lab risks and 2 lifestyle risks

Helps with these symptoms, conditions & goals:  
Bloating, Exercise Recovery, Flatulence (Gas), Food Allergies [+5 more](#)

8

DHEA (Dehydroepiandrosterone)

Addresses 4 DNA risks and 5 lab risks

Helps with these symptoms, conditions & goals:  
Low Mood, Mood, Testosterone

9

Methylfolate

Addresses 13 DNA risks, 2 lab risks and 1 lifestyle risk

Helps with these symptoms, conditions & goals:  
Cognitive Function, Gut Inflammation, Hair Graying, Immunity [+2 more](#)

10

N-acetylcysteine (NAC)

Addresses 18 DNA risks, 3 lab risks and 3 lifestyle risks

Helps with these symptoms, conditions & goals:  
Energy, Eyelid Inflammation, Immunity [+4 more](#)

# Your Top Recommendations

See All Recommendations [↗](#)

## Dietary [↗](#)

This section provides personalized dietary recommendations to address

Find your top 10 dietary recommendations below.  
For more details on each recommendation, what it helps with and references click on the recommendation title



1

Green Tea

Addresses 15 DNA risks, 5 lab risks and 2 lifestyle risks

Helps with these symptoms, conditions & goals:  
**Cognitive Function, Energy, Focus, Immunity, Longevity** [+4 more](#)

2

Dietary Omega-3 Fatty Acids

Addresses 12 DNA risks, 6 lab risks and 2 lifestyle risks

Helps with these symptoms, conditions & goals:  
**Cognitive Function, Food Allergies, Gut Inflammation** [+5 more](#)

3

Avoid Sugary Foods & Drinks

Addresses 8 DNA risks, 6 lab risks and 2 lifestyle risks

Helps with these symptoms, conditions & goals:  
**Energy, Focus, Longevity, Low Energy (Chronic Fatigue)** [+2 more](#)

4

Dietary Iron

Addresses 6 DNA risks, 3 lab risks and 4 lifestyle risks

Helps with these symptoms, conditions & goals:  
**Cognitive Function, Energy, Focus, Gut Inflammation** [+8 more](#)

5

Cocoa

Addresses 6 DNA risks, 6 lab risks and 2 lifestyle risks

Helps with these symptoms, conditions & goals:  
**Cognitive Function, Energy, Focus** [+5 more](#)

6

Dark Chocolate

Addresses 10 DNA risks, 5 lab risks and 2 lifestyle risks

Helps with these symptoms, conditions & goals:  
**Cognitive Function, Energy, Exercise Recovery, Longevity** [+5 more](#)

7

Nuts

Addresses 11 DNA risks, 7 lab risks and 1 lifestyle risk

Helps with these symptoms, conditions & goals:  
**Cognitive Function, Longevity, Low Mood, Memory, Mood, Strength**

8

Extra Virgin Olive Oil (EVOO)

Addresses 7 DNA risks, 5 lab risks and 1 lifestyle risk

Helps with these symptoms, conditions & goals:  
**Cognitive Function, Gut Inflammation, Longevity, Low Mood** [+2 more](#)

9

Walnuts

Addresses 9 DNA risks and 7 lab risks

Helps with these symptoms, conditions & goals:  
**Low Mood, Mood, Short Term Memory**

10

Eat Fiber-Rich Foods

Addresses 11 DNA risks, 6 lab risks and 1 lifestyle risk

Helps with these symptoms, conditions & goals:  
**Gut Inflammation, Hemorrhoids, Longevity**

# Your Top Recommendations

See All Recommendations [↗](#)

## Lifestyle [↗](#)

This section provides personalized lifestyle recommendations to address

Find your top 10 lifestyle recommendations below.  
For more details on each recommendation, what it helps with and references click on the recommendation title



### 1 Yoga

Addresses 35 DNA risks, 5 lab risks and 5 lifestyle risks

Helps with these symptoms, conditions & goals:  
**Cognitive Function, Energy, Exercise Recovery, Focus** [+12 more](#)

### 2 Strength Training

Addresses 17 DNA risks, 7 lab risks and 2 lifestyle risks

Helps with these symptoms, conditions & goals:  
**Cognitive Function, Focus, Immunity, Longevity, Low Mood** [+8 more](#)

### 3 Meditation

Addresses 20 DNA risks, 3 lab risks and 5 lifestyle risks

Helps with these symptoms, conditions & goals:  
**Cognitive Function, Energy, Flatulence (Gas), Focus** [+10 more](#)

### 4 Walking

Addresses 13 DNA risks, 6 lab risks and 2 lifestyle risks

Helps with these symptoms, conditions & goals:  
**Creativity, Energy, Longevity, Low Energy (Chronic Fatigue)** [+4 more](#)

### 5 Practice Exercise Snacks

Addresses 5 DNA risks, 7 lab risks and 1 lifestyle risk

Helps with these symptoms, conditions & goals:  
**Flatulence (Gas), Focus, Hemorrhoids, Low Mood, Mood**

### 6 Acupuncture

Addresses 23 DNA risks, 3 lab risks and 6 lifestyle risks

Helps with these symptoms, conditions & goals:  
**Energy, Injury Healing, Low Energy (Chronic Fatigue)** [+3 more](#)

### 7 Tai Chi

Addresses 10 DNA risks, 5 lab risks and 4 lifestyle risks

Helps with these symptoms, conditions & goals:  
**Cognitive Function, Energy, Focus, Longevity** [+5 more](#)

### 8 Cognitive-Behavioral Therapy (CBT)

Addresses 11 DNA risks, 1 lab risk and 4 lifestyle risks

Helps with these symptoms, conditions & goals:  
**Energy, Focus, Low Energy (Chronic Fatigue), Low Mood, Memory, Mood**

### 9 Avoid PAHs Exposure

Addresses 10 DNA risks, 6 lab risks and 1 lifestyle risk

Helps with these symptoms, conditions & goals:  
**Focus, Longevity, Low Mood, Mood, Sleep Quality, Strength** [+1 more](#)

### 10 Avoid Air Pollution

Addresses 13 DNA risks, 4 lab risks and 2 lifestyle risks

Helps with these symptoms, conditions & goals:  
**Cognitive Function, Immunity, Longevity, Low Mood, Mood**



# Most Important Labs to Check

See All Suggested Labs [↗](#)

Regular lab testing is crucial for early detection and prevention of potential health issues. This section recommends the top 10 labs you should consider getting checked based on your individual needs.

We are suggesting these labs based on your DNA, lifestyle factors, symptoms, medical conditions, and goals.

For a more comprehensive list of labs, [go to your suggested labs](#). If you have lab results you haven't inputted, [provide them as a PDF or image](#) and we'll input them for you.

\* We accept a wide variety of lab tests from most lab test providers.



## 1 Amino Acid Panel

Addresses 17 DNA risks and 2 lifestyle risks

Helps with these symptoms, conditions & goals:

**Cognitive Function, Energy, Exercise Recovery, Focus** [+10 more](#)

## 2 Comprehensive Metabolic Panel (CMP)

Addresses 73 DNA risks and 6 lifestyle risks

Helps with these symptoms, conditions & goals:

**Cognitive Function, Exercise Recovery, Gut Inflammation** [+9 more](#)

## 3 Iron, TIBC, & Ferritin Panel

Addresses 26 DNA risks and 7 lifestyle risks

Helps with these symptoms, conditions & goals:

**Cognitive Function, Dark Eye Circles, Energy** [+16 more](#)

## 4 Omega-3 and -6 fatty acids

Addresses 11 DNA risks and 2 lifestyle risks

Helps with these symptoms, conditions & goals:

**Cognitive Function, Gut Inflammation, Low Mood, Mood**

## 5 Complete Thyroid Panel (TSH, Total & Free T3, Tota...

Addresses 29 DNA risks and 6 lifestyle risks

Helps with these symptoms, conditions & goals:

**Cognitive Function, Energy, Hair Graying, Hair Growth** [+6 more](#)

## 6 Complete Blood Count (CBC)

Addresses 59 DNA risks and 7 lifestyle risks

Helps with these symptoms, conditions & goals:

**Cognitive Function, Energy, Hair Growth, Hair Loss** [+10 more](#)

## 7 hs-CRP

Addresses 38 DNA risks and 5 lifestyle risks

Helps with these symptoms, conditions & goals:

**Cognitive Function, Energy, Exercise Recovery** [+8 more](#)

## 8 Lipid panel

Addresses 17 DNA risks

Helps with these symptoms, conditions & goals:

**Cognitive Function, Longevity, Low Mood, Mood, Reduced Bile Flow**

## 9 Vitamin D, 25-Hydroxy, Total

Addresses 33 DNA risks and 8 lifestyle risks

Helps with these symptoms, conditions & goals:

**Cognitive Function, Energy, Exercise Recovery** [+17 more](#)

## 10 Zinc

Addresses 34 DNA risks and 3 lifestyle risks

Helps with these symptoms, conditions & goals:

**Cognitive Function, Exercise Recovery, Gut Inflammation** [+10 more](#)

# Trending Topics

See All Reports [↗](#)














This section offers a glimpse into popular health topics among users who share similar health profiles. By exploring these popular reports, you can gain valuable insights and perspectives on various health concerns, including potential risk factors. For instance, if a top report focuses on strategies for managing stress, you might discover helpful tips and techniques to optimize your body's stress response and improve your overall well-being.

**Delve deeper! Explore trending reports and genes relevant to your health for a broader understanding of your well-being.**










## Top Popular Reports

This section showcases popular health reports along with your personalized risk scores for each. These reports delve deeper into specific health areas and offer valuable insights. Click on each report to gain a more comprehensive understanding of your health and potential risk factors.

-  **ApoB**
-  **Coronary Artery Disease**
-  **Low Mood**
-  **Methylation**
-  **Sexual Dysfunction**
-  **Anxiety**
-  **Attention**
-  **Cognitive Function**
-  **Indigestion**
-  **Longevity**
-  **Low Energy (Chronic Fatigue)**
-  **Memory Performance**
-  **Sleep Quality**

## Top Popular Genes

This section highlights popular genes along with your corresponding risk scores. Understanding your genes' influence on various health aspects can be empowering. Exploring these genes and their associated reports can provide valuable information for proactive health management.

-  **MTHFR**
-  **MAOA (Dopamine/Serotonin)**
-  **PEMT (Choline)**
-  **APOE**
-  **COMT**
-  **VDR (Vitamin D)**
-  **CBS (Transsulfuration)**

Risks explanation:



High & Impactful / Significantly out of optimal



High / Out of optimal



Typical / Normal



Low / Optimal

Find more health insights in the app

See Your Dashboard [↗](#)

# Empowering Your Well-being Journey



This personalized health report is powered by cutting-edge AI technology, designed to unlock a deeper understanding of your health potential. We're committed to providing you with the most accurate and actionable insights to guide your well-being journey.



## Most Accurate Polygenic Risk Scoring

We leverage cutting-edge algorithms and analyze a massive dataset of 2 million people to deliver the most precise assessment of your genetic health predispositions. Our advanced approach takes into account your ancestry - which is often overlooked by other methods - to provide you with the most accurate risk assessment. This ensures that the risk scores you receive are based on the latest scientific evidence and are truly personalized to your genetic makeup.



## Cutting-Edge AI & Machine Learning

We have invested 20 million dollars developing our AI and machine learning models. Our patent-pending technology provides you with the most personalized health insights and recommendations by taking into account your unique DNA, lifestyle, labs, symptoms, conditions and health goals. This empowers you to make informed decisions tailored to your specific needs.



## Analyzes 100 Million Variants & Sophisticated Recommendation Engine

We go beyond the basics by analyzing a staggering 100 million genetic variants to provide the most comprehensive picture of your health potential. Our sophisticated recommendation engine leverages this deep analysis to provide personalized and actionable insights to optimize your well-being journey.



## Built by Leading Scientists & Engineers

A dedicated team of over 60 scientists and engineers is continuously innovating and developing our technology, ensuring it remains at the forefront of personalized health.

### HIPAA & GDPR Compliant & Outstanding Security

Your privacy is our top priority. We adhere to the strictest data security standards and are fully compliant with HIPAA and GDPR regulations.

### Backed by Scientific Research & Technology Licensed by 55+ Partners

Our patent-pending technology is featured in scientific peer-reviewed publications. Additionally, over 55 companies trust our technology to power their own health and wellness platforms.

Want to learn more about how SelfDecode is revolutionizing personalized health?

Visit our website to explore additional features and delve deeper into your health potential.

Visit SelfDecode [↗](#)