

Healthy Aging

DNA Health Report

REPORT CATEGORY —



LONGEVITY

Sample Client

Report date: 15 January 2026

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

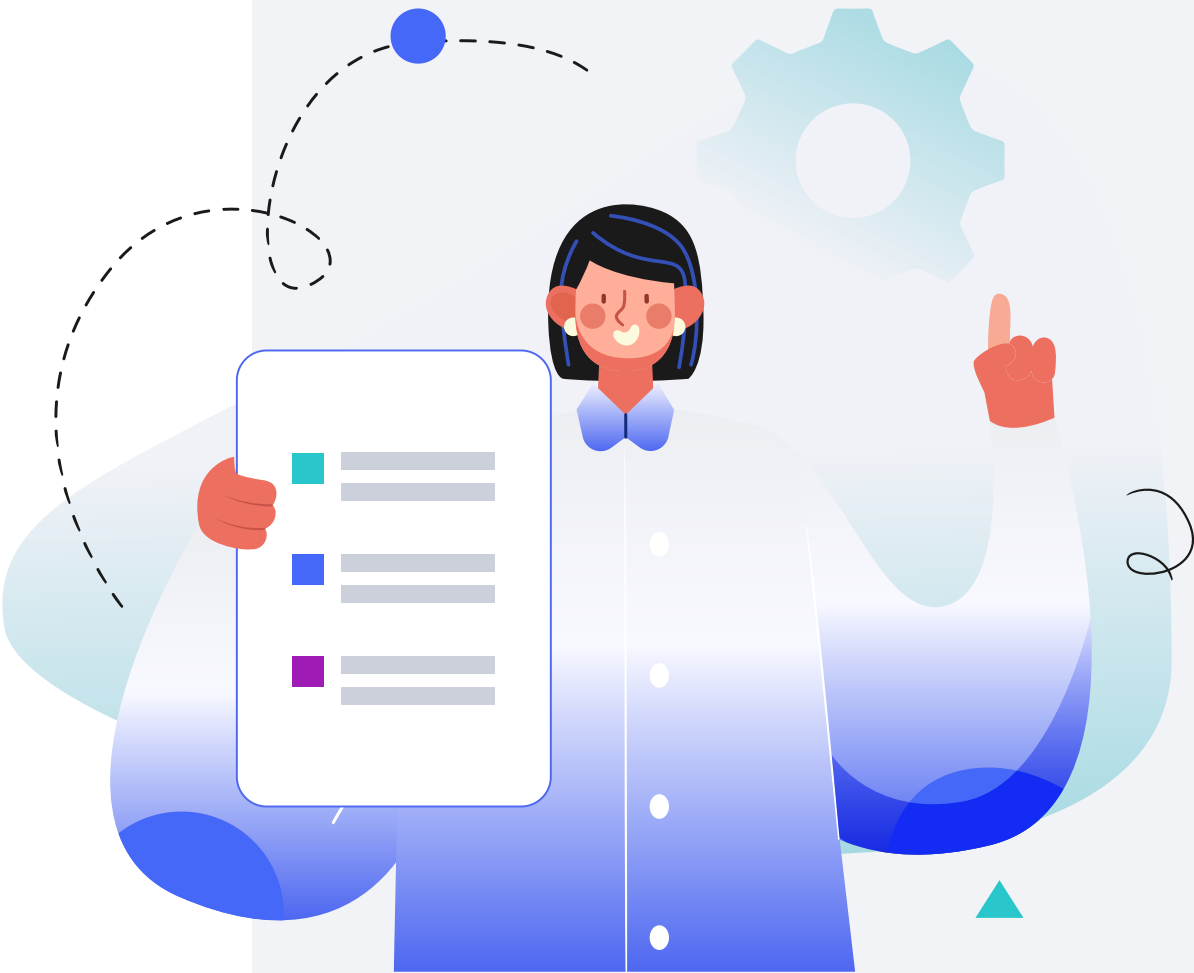
Male

HEIGHT

5ft 5" 165cm

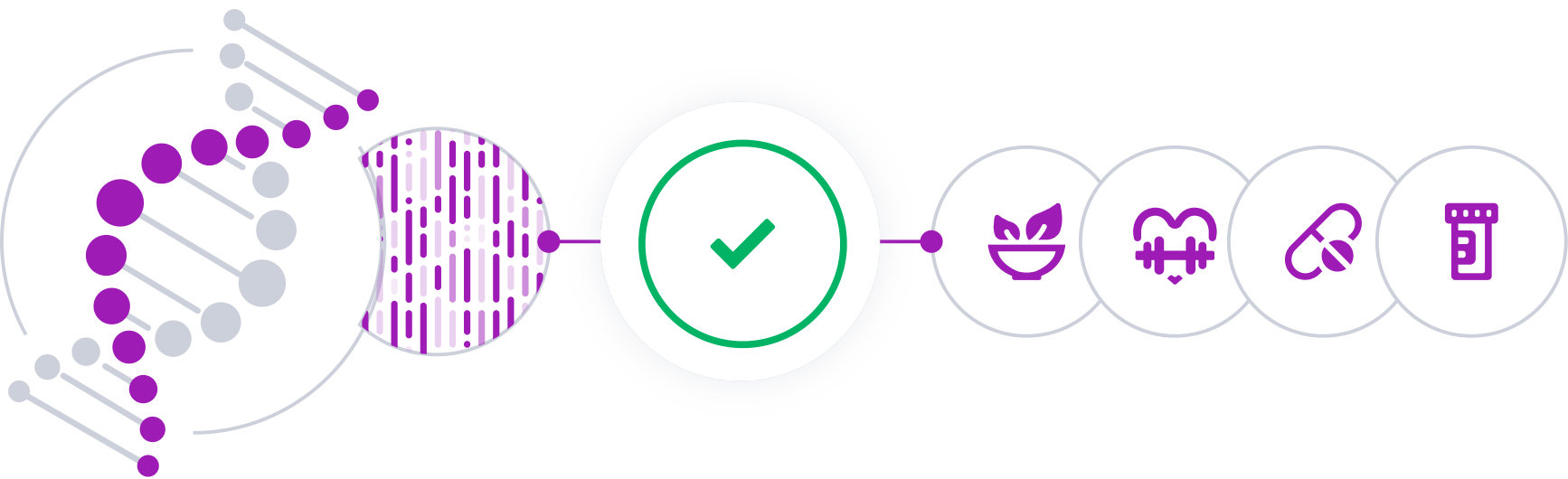
WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.

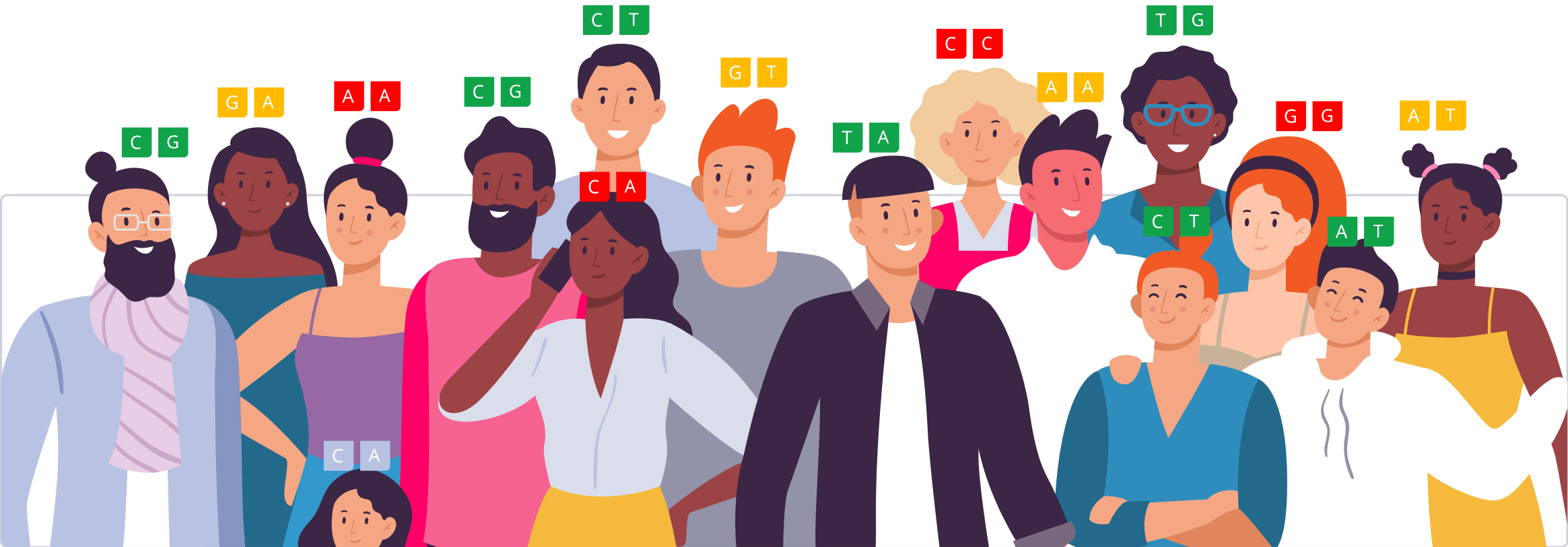


Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

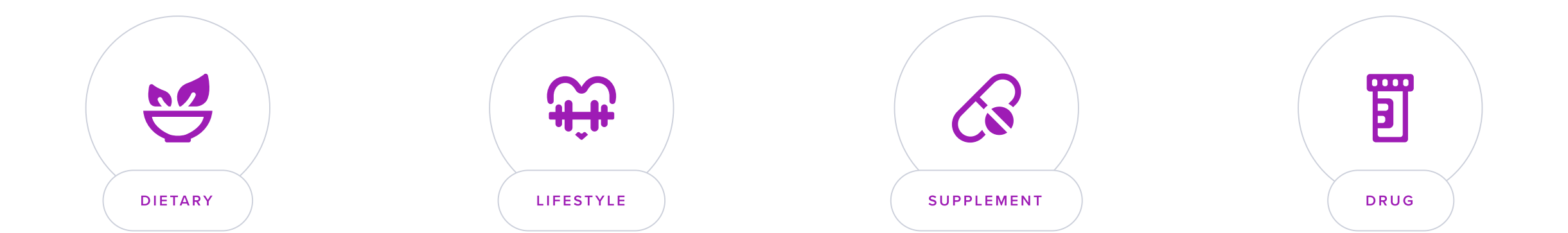
You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
-
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
-
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
-
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
-
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.
-
- 0 / 5
- No evidence in humans.

Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
-
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
-
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
-
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
-
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Healthy aging involves more than just the passage of time; it's about optimizing opportunities for improving and preserving physical health, mental health, and social well-being to extend life expectancy and quality of life as people age.

Key aspects to focus on for promoting healthy aging include:

- Physical health
- Mental health
- Social well-being

Strategies to Promote Healthy Aging

The following lifestyle choices may help preserve physical health:

- **Regular physical activity:** Exercise is crucial in maintaining muscle strength, flexibility, and cardiovascular health. Activities like walking, swimming, or yoga can help maintain mobility and prevent chronic diseases such as heart disease, diabetes, and arthritis.
- **Balanced diet:** Eating a diet rich in fruits, vegetables, lean proteins, and whole grains while limiting processed foods and sugars helps manage weight, provides necessary nutrients, and reduces the risk of developing chronic diseases.
- **Preventive healthcare:** Regular check-ups and screenings (like mammograms, colonoscopies, and skin checks) can detect health problems early when they are more treatable. Vaccinations, such as the flu and shingles vaccine, are also important.
- **Avoiding cigarette smoke:** Smoking contributes to the development of diseases that can shorten life, such as lung cancer and heart disease.
- **Limiting alcohol consumption:** Excessive drinking can lead to health problems like liver disease and increase the risk of falls and accidents.
- **Adequate sleep:** Good sleep is essential for physical and mental health. It helps repair the body and mind and improves mood and cognitive function.

Moreover, the following strategies are crucial to maintaining mental health and well-being:

- **Cognitive activity:** Engaging in activities that stimulate the brain, such as reading, solving puzzles, or learning a new skill, can help delay or prevent cognitive decline.
- **Social connections:** Maintaining an active social life can ward off loneliness and depression, which are associated with poorer health outcomes. This includes staying connected with family and friends and participating in community activities.



Likely typical aging based on 52 genetic variants we looked at

Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
APOE	rs7412	CC
SMARCA4	rs142158911	GG
DNAJC22	rs55686423	AA
CDKN2A	rs7859727	TT
NECTIN2	rs2972566	CC
AFF3	rs78438918	AA
NECTIN2	rs449647	AA
NEGR1	rs2613508	TT
LPA	rs9355297	CC
ZBTB46	rs6062322	AA
ADD1	rs16843603	TT
ASXL1	rs159428	CC
TTC12	rs2186800	GG
UBA7	rs2271961	CC
KLF3	rs17499404	GG
USP28	rs61905747	CA
TCF7L2	rs35198068	TC
PSMA4	rs8042849	CT
NECTIN2	rs6859	GA
SH2B3	rs4766578	TA
SH3YL1	rs66906321	TC
CIB4	rs1275922	GA
TYR	rs1126809	AG
/	rs980183	GA
SNF8	rs940088	TC
ALDH2	rs11066320	AG
/	rs28637671	TG
NEK10	rs2643826	CT
MDFIC	rs12705966	AG
MAML3	rs36072649	TA
NLGN1	rs472103	CA
/	rs13141210	TC

- **Mental healthcare:** Seeking professional help for mental health issues like depression or anxiety is as important as addressing physical ailments.
- **Community engagement:** Volunteering or participating in community groups can provide a sense of purpose and fulfillment.
- **Hobbies and interests:** Pursuing hobbies and interests adds joy and reduces stress. It's important to engage in activities that bring happiness and relaxation.
- **Financial stability:** Managing finances carefully to ensure that resources are available for necessary adaptations or care in later life.
- **Adaptability:** Being open to change and adapting the living environment to maintain independence can help manage the aging process effectively.
- **Positive outlook:** A positive attitude towards aging has been linked with a longer lifespan and a reduced risk of chronic disease.

Implementing these strategies not only contributes to longevity but also ensures that the years added to life are complemented by vitality and a sense of well-being. Healthy aging is a holistic process that encompasses lifestyle choices, social connections, and active management of health conditions.

GENE	SNP	GENOTYPE
CHP1	rs28455998	TA
ABHD17C	rs7174250	TC
SLC22A1	rs9295128	GG
LPL	rs268	AA
LPA	rs55730499	CC
NECTIN2	rs157581	TT
DHX58	rs34891485	TT
IRF4	rs12203592	CC
PLG	rs79570361	AA
ILRUN	rs6907508	AA
PTPN22	rs1230666	GG
RGS12	rs114298671	GG
HTT	rs16843836	AA
PABPC4	rs3768321	GG
TAPBP	rs9277988	TT
GALNT4	rs1689406	AA
APOC1	rs405509	GG
ZNF318	rs7742789	CC

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You'll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE	
1	Sleep for 7+ Hours	2	R-Alpha-Lipoic Acid100 mg
3	Leafy Green Vegetables	4	Dietary Omega-3 Fatty Acids
5	Strength Training1 hour	6	Mediterranean Diet
7	Berries	8	Regular Sleep Schedule
9	Yoga30 minutes	10	Walking30 minutes
11	Aerobic Exercise (Cardio)1 hour	12	Spend Time in Nature2 hours
13	Social Activity1 hour		

1



Sleep for 7+ Hours

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Ensure you allocate enough time in your schedule to achieve a minimum of 7 hours of sleep each night. This might involve going to bed earlier or adjusting your evening routine to promote relaxation and make it easier to fall asleep.

Description

Optimizing sleep involves adopting healthy sleep habits and creating a sleep-conducive environment to ensure restorative and sufficient sleep duration. It supports cognitive function, mood stability, and overall physical health. Most experts recommend getting **at least 7 hours of good-quality sleep each night**.

[Sleep](#) supports your body and mind [\[R, R\]](#). More precisely, sleep helps:

- Support brain health [\[R, R\]](#)
- Maintain a healthy weight and appetite [\[R, R, R\]](#)
- Regulate blood pressure [\[R, R\]](#)
- Balance blood sugar [\[R, R\]](#)

Ways to sleep better include [\[R\]](#):

- Reducing your bright light exposure (screen time) in the evenings
- Sticking to a regular sleep schedule
- Avoiding hunger or large meals before bed
- Avoiding nicotine, caffeine, and alcohol before bed
- Maintaining a sleep area that’s cool, dark, and quiet

How it helps

Getting 7 or more hours of sleep per night is associated with better cognitive function, mood stability, and overall physical health, making it essential for healthy aging.

2



R-Alpha-Lipoic Acid

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take R-Alpha-Lipoic Acid as directed on the supplement label or by your healthcare provider. It is recommended to take 100-300 mg daily, with meals to enhance absorption and minimize gastrointestinal discomfort. Drink plenty of water, and consult your healthcare provider before starting if you have any underlying health conditions or are taking other medications.

TYPICAL STARTING DOSE

100 mg

Description

R-alpha-lipoic acid (R-ALA) is an antioxidant supplement, a biologically active form of alpha-lipoic acid. Unlike standard alpha-lipoic acid, which may contain a mix of its R and S forms, R-ALA is the naturally occurring form, potentially offering enhanced bioavailability. Alpha-lipoic acid supports energy metabolism, combats oxidative stress, and may help manage weight and inflammation.

How it helps

R-alpha-lipoic acid enhanced mitochondrial function and reduced oxidative damage in animal aging models, suggesting its potential to support healthy aging [\[R, R\]](#).

3



Leafy Green Vegetables

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate at least one serving of leafy green vegetables, such as spinach, kale, or Swiss chard, into your diet daily. This can be done by adding them to salads, smoothies, or as a side dish to your meals.

Description

Leafy green vegetables like spinach and kale are packed with vitamins, minerals, and antioxidants. Incorporating them into your diet can promote overall health by providing essential nutrients, supporting digestion, and reducing the risk of chronic diseases like heart disease and certain cancers.

Leafy green vegetables, also called leafy greens, or greens, are edible plant leaves, which can include stalks and shoots as well. Common examples include: lettuce, spinach, kale, chard, endive, and fennel.

Leafy greens contain a host of vitamins and minerals, as well as fiber. Most of them are a particularly good source of vitamin K.

How it helps

Leafy Green Vegetables are packed with vitamins, minerals, and antioxidants, all of which help support cellular health and reduce inflammation, aiding in healthier aging.

4



Dietary Omega-3 Fatty Acids

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods high in omega-3 fatty acids into your diet daily. This includes eating fish such as salmon, mackerel, and sardines at least twice a week. Alternatively, include a tablespoon of flaxseed oil or chia seeds in your daily diet.

Description

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [\[R\]](#), [\[R\]](#), [\[R\]](#).

There are three major types of omega-3s: ALA, EPA, and DHA. **EPA and DHA are vital for mental and heart health** [\[R\]](#), [\[R\]](#), [\[R\]](#).

Fatty fish are rich in EPA and DHA. They include [\[R\]](#):

- Salmon
- Tuna
- Herring
- Sardines

For optimal health, try to get at least **two servings of fatty fish per week**. Fish oil supplements are available for those who don't eat fish regularly [\[R\]](#).

How it helps

Dietary Omega-3 Fatty Acids play a role in reducing inflammation and supporting heart and brain health, all of which are beneficial for aging healthily.

5



Strength Training

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Engage in strength training exercises, such as weight lifting or bodyweight exercises, for 60 minutes per session, 2 to 3 times per week. Ensure you work all major muscle groups and rest each muscle group for at least 48 hours before exercising it again.

TYPICAL STARTING DOSE

1 hour

Description

Strength training, also called resistance or *anaerobic* training, contracts the muscles against an external resistance for short periods of time. This helps gain muscle strength, tone, and mass. This can include activities like weight lifting, pushups, and crunches.

Strength training, also known as resistance training, is a type of physical exercise that uses resistance to build strength, anaerobic endurance, and size [\[R\]](#). Some of the most common strength training methods include [\[R\]](#):

- Weight lifting
- Bodyweight exercises like push-ups, pull-ups, squats, and lunges.
- Resistance bands
- Plyometrics or explosive force exercises

The benefits of strength training are numerous, and include [\[R\]](#):

- Increased muscle strength
- Improved bone health
- Reduced risk of injury
- Improved balance and coordination
- Enhanced mood
- Boost metabolism

Consult with a doctor before starting any new exercise program, especially if you have any health conditions.

How it helps

Strength training helps maintain muscle mass, improve bone density, and reduce the risk of osteoporosis. It also supports physical function and independence in older adults.

6



Mediterranean Diet

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate a variety of primarily plant-based foods, such as fruits, vegetables, whole grains, nuts, and legumes, into every meal. Choose healthy fats, like olive oil, over saturated fats and consume fish and poultry at least twice a week. Limit red meat to a few times a month and include a moderate amount of dairy products. Opt for water and red wine in moderation as your beverages.

Description

The [Mediterranean diet](#) is based on the traditional cuisine from the Mediterranean regions. It moderates the intake of red meat and dairy, while being rich in fruits and vegetables, whole grains, and healthy fats ([olive oil](#)).

The [Mediterranean diet](#) focuses on traditional cuisine from the Mediterranean regions. It’s rich in [\[R\]](#):

- [Olive oil](#)
- Fruits and vegetables
- Whole grains
- Nuts and seeds
- Fish

This type of diet may **reduce inflammation and protect the brain and heart** [\[R, R, R, R\]](#).

Limited intake of animal products, saturated fat, and refined sugar likely contribute to the health benefits of the Mediterranean diet [\[R\]](#).

How it helps

The Mediterranean Diet is rich in fruits, vegetables, whole grains, and healthy fats. It has been shown to reduce inflammation and improve heart health, both of which are crucial for aging well.

7



Berries

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate a variety of berries such as strawberries, blueberries, raspberries, and blackberries into your daily diet. Aim for at least one cup of fresh or frozen berries every day, either as a snack, part of your breakfast (such as in oatmeal or yogurt), or as a dessert.

Description

Berries, such as strawberries, blueberries, and raspberries, are packed with antioxidants, vitamins, and fiber. Regular consumption of berries may support heart health, improve cognitive function, and contribute to overall well-being.

How it helps

Berries are high in antioxidants and vitamins, which help combat oxidative stress and inflammation in the body, both of which are associated with aging.

8



Regular Sleep Schedule

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Go to bed and wake up at the same time every day, even on weekends and holidays. This helps regulate your body's internal clock, leading to better sleep quality. Aim for 7-9 hours of sleep per night.

Description

Maintaining a regular sleep schedule involves going to bed and waking up at consistent times each day. This practice helps regulate the body's internal clock and promotes better sleep quality, mood, and cognitive function.

How it helps

Maintaining a regular sleep schedule helps improve sleep quality and overall health. It supports cognitive function, mood regulation, and physical health, which are vital for healthy aging.

9



Yoga

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Practice yoga for at least 20 to 30 minutes a day, most days of the week. Choose a style that matches your fitness level and goals, and consider attending a class or using online resources to guide your practice.

TYPICAL STARTING DOSE

30 minutes

Description

Yoga is a mind-body practice that combines physical postures, breathing exercises, and meditation. It enhances flexibility, strength, and mental well-being and is used for stress reduction, relaxation, and overall health improvement.

[Yoga](#) combines breathing, stretching, and relaxation techniques. Practicing yoga may help [\[R, R, R\]](#):

- Reduce [stress](#)
- Improve fitness
- Lower blood pressure and heart rate
- Manage pain

How it helps

Yoga enhances flexibility, balance, and muscle strength, which are crucial for healthy aging. It also reduces stress and improves mental well-being.

10



Walking

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate at least 30 minutes of brisk walking into your daily routine, aiming for a minimum of five days a week. This can be done in one continuous session or broken into shorter periods, such as three 10-minute walks throughout the day.

TYPICAL STARTING DOSE

30 minutes

Description

Walking is a low-impact form of exercise that can contribute to cardiovascular fitness, weight management, and improved overall health. It is used to support physical activity goals, enhance mood, and promote better cardiovascular health.

How it helps

Regular walking can improve cardiovascular health, maintain healthy weight, and enhance overall mood, all of which are important for healthy aging.

11



Aerobic Exercise (Cardio)

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Engage in at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity activity each week. Distribute this time over at least 3 days per week, avoiding consecutive days of vigorous exercise to allow for recovery.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in regular aerobic exercise, such as running, swimming, or cycling, offers numerous health benefits, including improved cardiovascular fitness, weight management, and mood enhancement. It supports overall physical and mental well-being while reducing the risk of chronic diseases.

Cardio, short for cardiovascular exercise, is any type of physical activity that temporarily increases your heart rate. Examples include **running, cycling, swimming, and brisk walking**.

Regular cardio exercise has many benefits for your overall health. It can help lower your risk of heart disease and diabetes, support weight loss, and improve your mood and energy levels. To get the most out of cardio, try to do it for at **least 30 minutes, 3-5 times a week**.

Interval training is a type of cardio that combines periods of high-intensity training with brief rest periods.

How it helps

Aerobic exercise has been shown in studies to improve cardiovascular health, enhance brain function, and reduce the risk of age-related diseases. It helps maintain a healthy weight, improves mood, and increases longevity.

12



Spend Time in Nature

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Aim to spend at least 120 minutes per week in natural environments, such as parks, forests, or beaches. This can be divided into short durations throughout the week, for example, 17 minutes per day or longer sessions on weekends.

TYPICAL STARTING DOSE

2 hours

Description

Spending time in nature, also known as ecotherapy or forest bathing, is a wellness practice that involves immersing oneself in natural environments. It offers mental and physical health benefits, including reduced stress, improved mood and eye health, healthier weight, and blood sugar control.

Spending over 2 hours in nature every week is linked to better health and well-being [\[R\]](#).

Spending more time in nature or in urban green areas may help support [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Healthy weight
- Blood sugar control
- Heart health
- Mental health
- Eye health

To get in touch with nature, you can [\[R\]](#), [\[R\]](#):

- Go on a walk
- Go biking or camping
- Garden
- Visit a park

How it helps

Spending time in nature has been shown to reduce stress, improve mood, and boost overall mental health, which can contribute to healthier aging.

13



Social Activity

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Participate in group activities or gatherings with friends, family, or community members at least twice a week. This could include joining clubs, attending local events, or scheduling regular outings with friends. Aim for these social engagements to last at least an hour each time to foster meaningful connections and conversations.

TYPICAL STARTING DOSE

1 hour

Description

Engaging in social activities, such as spending time with friends and family or participating in group events, can have numerous mental and emotional health benefits. It helps reduce feelings of loneliness, enhances mood, and promotes a sense of belonging and well-being.

Social activities involve physical and mental activities with others that you enjoy and find meaningful. There are plenty of ways to stay socially active and maintain social well-being as you age.

Research has shown that a socially active lifestyle [\[R\]](#):

- Makes you less likely to develop certain chronic conditions.
- May promote a longer lifespan.
- Can improve mood and mental health.
- Can improve memory and other aspects of cognition.

How it helps

Staying socially active can help maintain cognitive function, reduce feelings of depression and loneliness, and improve overall well-being as we age.

Next Steps

Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.

 eGFR	71 mL/min/1.73 m2		29 Aug 2025
 Ferritin	102.2 ng/mL		9 Nov 2025
 Vitamin B12	687 pg/mL		9 Nov 2025
 Vitamin D, 25-Hydroxy, Total	58.59 ng/mL		9 Nov 2025
 Albumin	4.3 g/dL		9 Nov 2025
 HDL Cholesterol	42 mg/dL		9 Nov 2025
 hs-CRP	1.6 mg/L		9 Nov 2025
 Cholesterol, Total	182 mg/dL		9 Nov 2025