



# Monitor Your Glucose Levels. Live Healthy, Longer.


21<sup>ST</sup> Century Health Analytics

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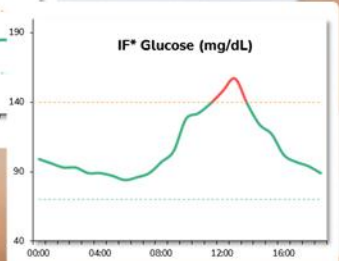
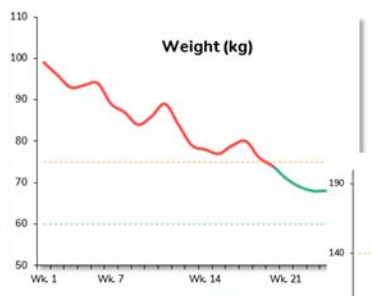
W: www.genixpro.com



**NYAH – Your Digital Health Coach** 

 Blood sugar control with CGM for diet, weight, exercise and sleep!

with Amilia  97 attending [JOIN](#)



**DIET RECOMMENDATIONS** 

 **AVOID:** High-FODMAP, Gluten

**SAVOUR:** Low-FODMAP, Fish





## WHY CHOOSE CONTINUOUS GLUCOSE MONITORING?

Individuals with weight and glucose imbalances, Prediabetes or those diagnosed with Type-1 or Type-2 Diabetes mention the following reasons to consider our comprehensive glucose monitoring services:

- ✓ Effective diabetes management and weight control
- ✓ Assess diet and exercise impact on my glucose levels
- ✓ Real-time alerts on out-of-range values as nudges to move
- ✓ Identify food items likely causing weight, glucose issues
- ✓ Assess impact of modifying food choices to regulate levels
- ✓ Insights on medication and exercise response impacting individual weight and glucose levels
- ✓ Personalized diet and lifestyle advice for behavior change
- ✓ Empowers me to make smarter nutrition, fitness and lifestyle choices

*\*Turnaround time: Up to 21 business days\* from the time we receive all raw data in desired format.*



## WHAT'S IN GENIXPRO™ CONTINUOUS GLUCOSE MONITORING?

It's just like a Health Screening with so **MUCH MORE**. Includes :

### Continuous Glucose Monitoring (this is same in all packages)

Wearable sensor based analysis to determine your blood glucose levels in response to your diet, activity, sleep, stress and ways to modify diet for better glucose response and weight management.

### Blood Tests and Ultrasound\* (these differ between packages)

All the lab tests routinely checked in annual health screening. Plus additional insights on likely deficiencies and risk of disease onset.

### Your Lifestyle Assessment

Find out how different aspects of your lifestyle (like activity, sleep, nutrition, stress, social habits, supplementation) impact your gut health and overall well-being.

### Comprehensive Report Review\*

Review your lab test, ultrasound, and comprehensive Gut Health Screening report\* with our Dr. and health practitioners. Easily understand, implement recommendations and actionable next steps.

#### NYAH – Your Digital Health Coach

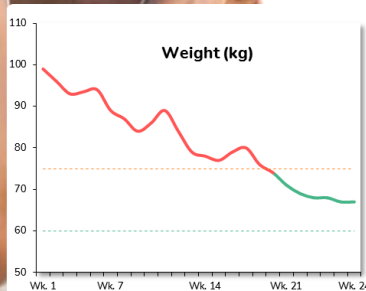
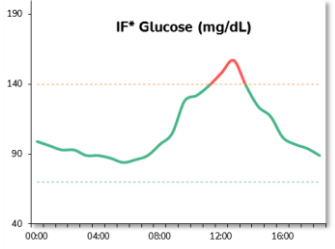


**Blood sugar control with CGM for diet, weight, exercise and sleep!**

with Amilia Tan

97 attending

[JOIN](#)



# CONTINUOUS GLUCOSE MONITORING (CGM) PACKAGES

**Note:** The CGM assessment is the same in all packages. The difference in cost is ONLY due to combined health screening (blood tests, ultrasound options\*) included in some packages.



**\$259**

## NOVUM™

(CGM Assessment Only. No review)

1x CGM Sensor

+

1x Fitbit\* On Loan

No Report Review

**\$60 OFF**  
SAME DAY\*

**\$199 NOW\***

**\$359**

## ELEMENTUM™

(CGM + Health Screening)

ALL OF NOVUM™

+

44 Blood Tests

1x Report Review

**\$80 OFF**  
SAME DAY\*

**\$279 NOW\***

**\$399**

## MAGNUM™

(with Vitamin Deficiency Tests)

ALL OF ELEMENTUM™

+

Vitamins, Diabetes, Heart Health Tests

**\$100 OFF**  
SAME DAY\*

**\$299 NOW\***

**\$499**

## OPTIMUM™

(with Cancer Markers + 1x Ultrasound)

ALL OF MAGNUM™

+

3x Cancer markers, 1x Ultrasound or Tests\*

**\$100 OFF**  
SAME DAY\*

**\$399 NOW\***

\*Note:  **SAME DAY\* PROMO** only applies when members **inquire, register and purchase** a package within the same day.



## CGMANALYTICS™ PACKAGES – BLOOD TESTS INCLUDED

GenixPRO™ Clinical Assessment	Elementum	Magnum	Optimum
<b>Energy and Metabolism</b>			
Blood Sugar (Fasting and Non-fasting option)	✓	✓	✓
HbA1c (Type-2 Diabetes Screen)	✗	✓	✓
<b>Heart Health</b>			
Total Cholesterol	✓	✓	✓
HDL, LDL Cholesterol, Triglycerides	✓	✓	✓
Cholesterol Ratio(s)	✓	✓	✓
<b>Inflammation Risk</b>			
Inflammation Marker (hsCRP)	✗	✓	✓
<b>Nutritional Deficiency</b>			
Vitamin D, Vitamin B12	✗	✓	✓
<b>Bone and Joint Health</b>			
Calcium, Phosphate	✓	✓	✓
Uric Acid (Gout)	✓	✓	✓
Rheumatoid Arthritis (RA) Factor	✗	✓	✓
<b>Liver Health</b>			
Total Bilirubin (+ Direct, Indirect values)	✓	✓	✓
Alkaline Phosphatase (ALP)	✓	✓	✓
SGPT (ALT), SGOT (AST), Gamma GT (GGT)	✓	✓	✓
Total Protein, Albumin, Globulin, A/G Ratio	✓	✓	✓
FIB-4 Index (Fibrosis Risk Assessment)	✓	✓	✓
<b>Kidney Health</b>			
Urea	✓	✓	✓
Creatinine	✓	✓	✓
Sodium, Potassium	✓	✓	✓
Chloride	✓	✓	✓
Bicarbonate	✗	✓	✓
Anion Gap (Acid-Base Imbalances)	✗	✓	✓
eGFR	✓	✓	✓
<b>Urine Examination</b>	✗	✓	✓

\*Subscription services. Not offered with any promotions or discounts.

GenixPRO™ Clinical Assessment	Elementum	Magnum	Optimum
<b>Thyroid Function</b>			
Free Thyroxine (FT4)	✓	✓	✓
Thyroid Stimulating Hormone (TSH)	✓	✓	✓
<b>Blood Profile</b>			
Full Blood Count (incl. RDW)	✓	✓	✓
ESR, Peripheral Blood Film (PBF)	✓	✓	✓
Blood Group (ABO & Rhesus)	✓	✓	✓
<b>Hepatitis A* and B Screen</b>			
Hepatitis Bs Antigen, Antibody (HBsAg, HBsAb)	✗	✗	✓
Hep. A Total Antibody (with non-fasting* profile only)	✗	✗	✓
<b>Cancer Markers</b>			
Liver (AFP), Colon (CEA)	✗	✗	✓
Ovaries (CA125) or Prostate (PSA)	✗	✗	✓
<b>For Optimum - Choose ANY ONE (01) option from next page</b>			
Choose ANY ONE (01) option from a variety of specialized blood tests, ultrasound, scans and other preventive measures not generally offered in any "traditional" health screening. If you wish to consider adding more than one option, kindly indicate the same at the time of purchase to enjoy additional discounts.			
<b>Add-on Quarterly Subscription Services - Anthropometry   Vitals   Others*</b>			
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 OPTIMUM™ ONLY – CHOOSE ANY ONE (01) OPTION FOR FREE OR AT EXTRA COST

If you choose GenixPRO™ Optimum™ : You may choose ANY ONE (01) from options listed below.

From options 1-8 - choose ANY ONE (01) for FREE as part of your Optimum™ package purchase.

OR

From options 9-22 - choose ANY ONE (01) for extra charges (as indicated) in addition to the Optimum™ package fee.

**Note:** Contact us if you wish to add-on more than 01 option or wish to combine Gut and DNA health screening packages.

- 1 Ultrasound Kidneys **OR** Ultrasound Thyroid
- 2 Bone Mineral Density (BMD) - Assess risk of osteoporosis, bone and joint health
- 3 Resting ECG **AND** Chest X-Ray (Filmless) **AND** (Urine Microalbumin **OR** Stool Occult Test)
- 4 **Specialized Blood Test: Heart** (ApoB, LP(a)) **OR Metabolism** (Insulin + Cortisol) **OR Hormones OR 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 **OR** Mineral) **AND** 1 unit Probiotic supplement
- 9 Ultrasound KUB (Kidneys, Ureter, Bladder)<sup>\$59 extra</sup> **OR** Ultrasound Neck<sup>\$59 extra</sup>
- 10 **Women:** Ultrasound Pelvis (Transvaginal for PCOS/PCOD Diagnosis)<sup>\$59 extra</sup>
- 11 **Women:** HPV DNA Cervical Cancer Screening (Higher Accuracy)<sup>\$69 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>\$89 extra</sup>
- 15 **Diet | Weight Management:** Continuous Glucose Monitoring (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 or fibrosis)<sup>\$159 extra</sup>
- 18 **Specialized Blood Test:** Metabolic Efficiency Assessment (Comprehensive Insulin Resistance Screen)<sup>\$169 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>

All options (except 8, 15) require a visit to our clinic location.



## OTHER ADD-ON BLOOD TESTS AND SCANS (ADDITIONAL CHARGES APPLY)

### 1. NUTRITIONAL DEFICIENCY

- Magnesium (Mg), Zinc (Zn) and Iron Deficiency Anaemia Screen (refer #2)

### 2. IRON DEFICIENCY ANAEMIA (FATIGUE | TIREDNESS)

- Iron, Ferritin, Transferrin, TIBC, % Iron Saturation, Folic Acid (B9)

### 3. 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)\*

### 4. CARDIAC HEALTH RISK SCREEN

- Lipoprotein (a), APOB, APOA1, CK, Homocysteine.
- **Extra(s)\*:** Insulin, Cortisol, High Sensitive Troponin-I

### 5. CARDIO-RESPIRATORY FITNESS

- Body Fat Assessment (DEXA Scan | InBody)
- VO<sub>2</sub>Max Test – Aerobic Fitness (Treadmill or Bike)

### 6. CANCER MARKERS

- Pancreas (CA 19.9), Nose (EBV), Breast (CA15.3) OR Testicular **Extra(s)\*:** Free PSA %, SCC
- Liver (AFP), Colon (CEA), Ovaries (CA125) OR Prostate (PSA) – Included in OPTIMUM

### 7. COLON CANCER SCREENING

- Stool Occult Blood (Basic) OR FIT - Fecal Immunological Screen (Advanced)

### 8. STOMACH ULCER SCREEN - HELICOBACTER PYLORI | SIBO

- H. Pylori Blood Test (Basic) OR Urea Breath Test (Advanced)
- SIBO Breath Test

### 9. CERVICAL CANCER SCREEN (FEMALE)

- HPV DNA (Higher Accuracy) OR Pap Smear (Thin Prep)

### 10. HEPATITIS MARKERS

- Hepatitis A Antibody
- Hepatitis C Antibody
- **Hepatitis B included in OPTIMUM**

### 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 (F)

- Estradiol (E2), DHEAS, IGF1, Cortisol **Extra(s)\*:** IGF1, 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 (M)

- Total Testosterone, DHEAS, IGF1, SHBG, FAI, Cortisol **Extra(s)\*:** IGF1, DUTCH Test (Hormones)

### 17. THYROID IMBALANCES (WEIGHT | MOOD)

- FT3, Tot. T3, Tot. T4, TgAb, TPO
- **Extra(s)\*:** TRAB, Rev. T3.

### 18. HAIR LOSS SCREEN (M/F)

- FT3, Iron Deficiency Screen (#2), Zinc, Mg, Hormones (M/F)
- **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

### 21. SEXUAL HEALTH

- HIV, Syphilis, Herpes Simplex Virus Type I and II, Chlamydia, Gonorrhoea

### 22. IMMUNITY | AUTOIMMUNE DISEASES

- Anti-Nuclear Antibodies (ANA)
- **Extra(s)\*:** CD4:CD8 Ratio



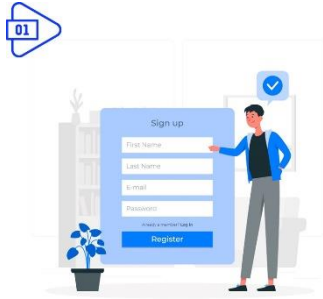
## EXPLANATION OF TESTS AND SCANS

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 ( $\geq 40$ 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





## HOW IT WORKS



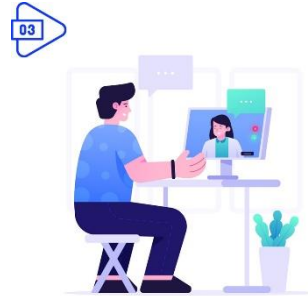
### JOIN

[Register](#) for lifetime access to resources to test, track, optimize your health and longevity.



### TEST

Select your plan. Test at clinics or at-home. DNA / Gut kits mailed home. Blood test done at clinic.



### KNOW

Know your test results. Intervene early. Access our care teams to help, support and guide you.



### ACT

Adhere to plan. Join online, live holistic well-being activities. Transform. Repeat.



## OUR PRODUCTS

### PREDICT | HEALTH RISKS



#### DNA HEALTH SCREENING

Comprehensive health check to identify predispositions, stratify disease and deficiency risks and personalize lifestyle recommendations.

### PERSONALIZE | NUTRITION



#### GUT HEALTH SCREENING

Integrated health check to assess individual gut health composition and health risks, identify likely root causes, personalize nutrition.

### CUSTOMIZE | SUPPLEMENTS



#### SUPPLEMENTS SUBSCRIPTION

Personalized supplements subscriptions based on individual needs, uniquely identified from health assessment recommendations.

Contact Us ([EHS@genixpro.com](mailto:EHS@genixpro.com) | +65-88752304) if you wish to combine both DNA and GUT Health screening package.

