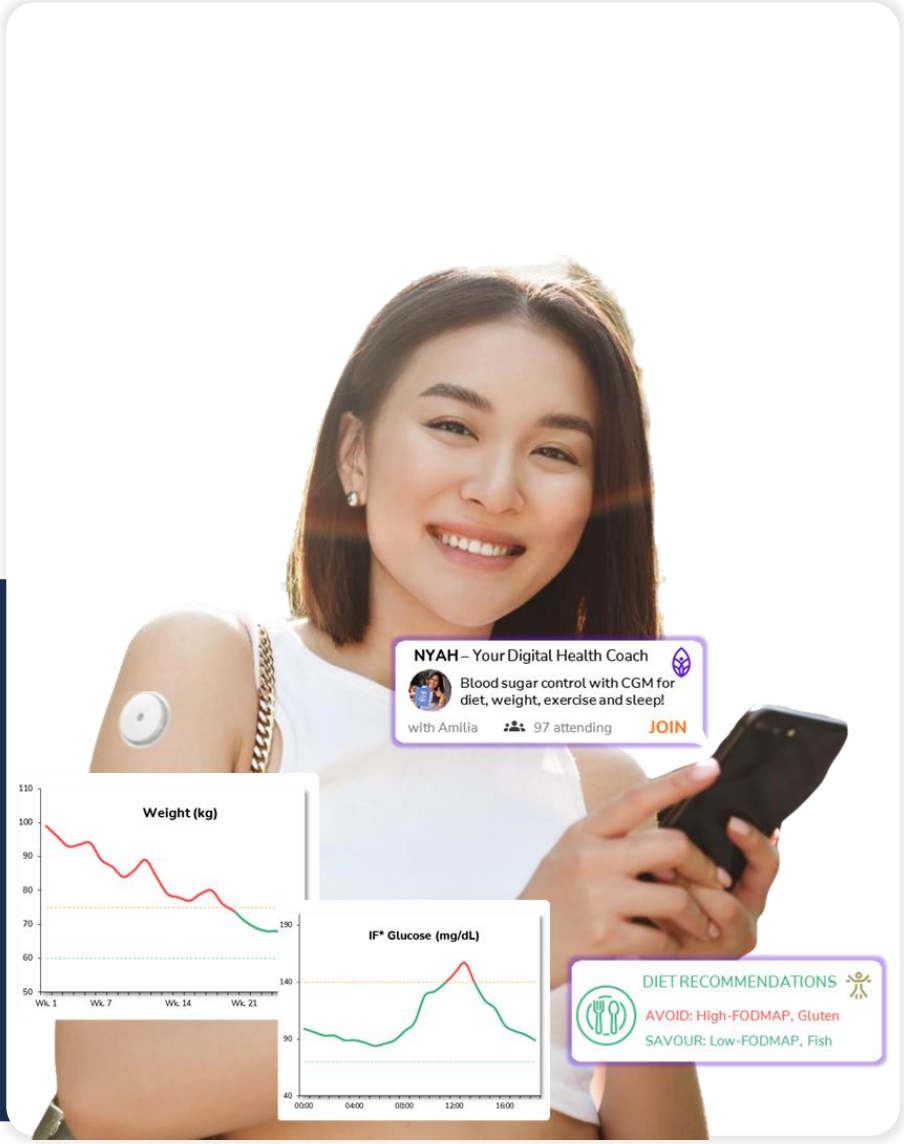
Optimize Your Glucose Metabolism.

Live Healthy, Longer.

Elev8 Health	myelev8.health
+65-8875 2304	EHS@genixpro.com



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GLUCOSE MONITORING (CGMgenix)

Individuals with weight and glucose imbalances, Pre-diabetes 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

Buy Now

*No report review. Results are available in up to 6-8 weeks.

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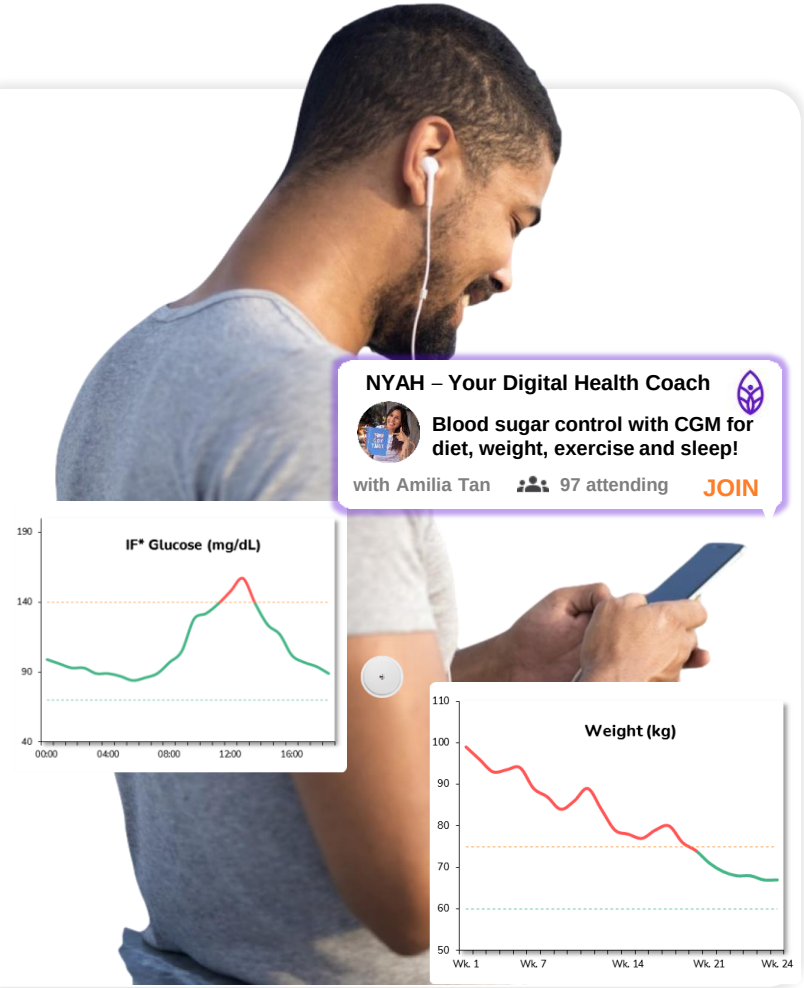
CGM Health Screening (Combines Continuous Glucose Monitoring with Executive Health Screening)

Get the same Glucose Monitoring (CGMgenix) assessment in all packages. Difference in cost is due to blood tests, ultrasound options* in packages below.



~~$329~~ $279

Novum

CGM + Basic Blood Tests included

- CGM Assessment (CGMgenix)
- 44 basic blood tests
- **No report review**

Buy Now

~~$399~~ $349

Elementum

With vitamin deficiency screen

- **All of Novum++**
- Vitamins, Diabetes, Heart Health screening
- 1x doctor review + 1x scientific review

Buy Now

~~$499~~ $399

Magnum

With 3x cancer markers screen

- **All of Elementum++**
- 3x cancer markers, 2x Hep. B markers, Ix Hep. A biomarker

Buy Now

~~$599~~ $499

Optimum

With 1x Ultrasound or tests/scans*

- **All of Magnum++**
- Choice of Ix Ultrasound or specialized tests

Buy Now

***Note:** Blood tests are done at clinic locations at Royal Square Novena or Paragon. Detailed health advisory emailed upon purchase.

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Blood Tests Included

Category	Test Name	Novum	Elementum	Magnum
Energy & Metabolism	Blood Sugar (Fasting or Non-fasting)	✓	✓	✓
	HbA1c (Type-2 Diabetes Screen)	×	✓	✓
Heart Health Risk	Total Cholesterol	✓	✓	✓
	HDL, LDL Cholesterol, Triglycerides	✓	✓	✓
	Cholesterol Ratio(s)	✓	✓	✓
Inflammation Risk	Inflammation Marker (hsCRP | CRP)	×	✓	✓
Vitamin Deficiency	Vitamin D, Vitamin B12	×	✓	✓
Bone & Joint Health (Asses osteoporosis or rheumatoid arthritis risk)	Calcium, Phosphate	✓	✓	✓
	Uric Acid (Gout Risk)	✓	✓	✓
	Rheumatoid Arthritis (RA) Factor	×	✓	✓
Liver Health (Asses liver enzymes, function, damage, inflammation, or fatty liver / fibrosis risk)	Total Bilirubin (+ Direct, Indirect)	✓	✓	✓
	Alkaline Phosphatase (ALP)	✓	✓	✓
	SGPT/ALT, SGOT/AST, Gamma GT	✓	✓	✓
	Protein, Albumin, Globulin, AlG Ratio	✓	✓	✓
	FIB-4 Index (Assess Fibrosis Risk)	✓	✓	✓
Urine Examination	Urine Microalbumin Ratio, Urinalysis	×	✓	✓

Category	Test Name	Novum	Elementum	Magnum
Kidney Health (Assess kidney function to detect early signs of kidney disorders)	Urea	✓	✓	✓
	Creatinine	✓	✓	✓
	Sodium, Potassium	✓	✓	✓
	Chloride	✓	✓	✓
	Bicarbonate	×	✓	✓
	Anion Gap (Acid-Base Imbalances)	×	✓	✓
	eGFR (Estimated Glomerular Filtration Rate)	✓	✓	✓
Thyroid Function	Free Thyroxine (FT4)	✓	✓	✓
	Thyroid Stimulating Hormone (TSH)	✓	✓	✓
Blood Profile (Detect early signs of iron deficiency anemia or other blood disorders)	Full Blood Count (incl. RDW)	✓	✓	✓
	ESR, Peripheral Blood Film (PBF)	✓	✓	✓
	Blood Group (ABO & Rhesus)	✓	✓	✓
Hepatitis A & B Screen	Hepatitis Bs Antigen, Antibody (HBsAg, HBsAb)	×	×	✓
	Hep. A Total Antibody (in non-fasting profile*)	×	×	✓
Cancer Markers	Liver (AFP). Colon and Lungs (CEA)	×	×	✓
	For Women: Ovaries (CA125)	×	×	✓
	For Men: Prostate (PSA)	×	×	✓

Optimum = All of Magnum + ONE (01) extra option (see next page)
Choose ONE (01) option of specialized blood tests, ultrasound, or scans. If you wish to add more options, indicate the same upon your purchase to enjoy bundle discounts.

With Optimum: Add-on Quarterly Subscription Extra ($69.90/- per visit)	
Body Measurements and Vitals (BMI, BP, SpO2)	✓
Metabolic Health: Body Composition Assessment	✓
Cardiac Risk: Resting Electrocardiogram (ECG)	✓
Vision Check: Visual Acuity, Color Vision, Contrast	✓

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For Optimum (Choose ANY ONE option for FREE or at Extra Cost)

	Category	ID#	Choose ANY ONE (01) for FREE from options listed below.
Choose ANY ONE (01) option for FREE from this list.	Specialized Blood Tests (Done with other blood tests on Page 6 and 8)	EL01	**Advanced Heart Health Risk:** APOB, LP(a), Creatine Kinase (CK)
		EL02	**Energy and Metabolism:** Insulin (Fasting), HOMA-IR, Cortisol
		EL03	**Tiredness | Fatigue:** Folate (B9), Iron Deficiency Anaemia Screen
		EL04	**Nutritional Deficiency Screen:** Iron, Ferritin, Homocysteine
		EL05	**Early Cognitive Decline:** Digital Brain Function Screening
		EL06	**Sleep, Mood and Brain Function:** Magnesium, Zinc, Folate (B9)
		EL07	**Prevent Colon Cancer:** H. Pylori Blood Test, FIT Test (Stool)
		EL08	**Digestive Enzymes:** Amylase, Lipase, Lactate Dehydrogenase
		EL09	**Weight Imbalances:** Free T3 and Thyroid Antibodies (TG, TPO)
		EL10	**Hair Loss Screen:** Free T3, Magnesium and Zinc
	For Men (Blood Tests)	EL11	**Additional 3x Cancer Screening:** Pancreas, Nose, Testicular
		EL12	**Prostate Health Screen:** Free PSA or Free PSA %
		EL13	**Sexual Function and Performance:** Total Testosterone, SHBG
		EL14	**Hormone Profile:** FSH, LH, Prolactin, Total Testosterone
	For Women (Blood Test and Scans)	EL15	**Adrenal Function and Performance:** Dehydroepiandrosterone Sulfate (DHEA-S), Progesterone
		EL16	**Additional 3x Cancer Screening:** Pancreas, Nose, Breast
		EL17	**Ultrasound Pelvis (Abdominal):** Assess uterus, cervix, ovaries
		EL18	**Prevent Breast Cancer:** Ultrasound Breast (for under 40 yr. old)
		EL19	**Prevent Cervical Cancer:** Pap Smear (LBC ThinPrep)
		EL20	**Prevent Ovarian Cancer:** ROMA Index (Pre / Post Menopause)
		EL21	**Hormone Profile:** FSH, LH, Prolactin, Estradiol (E2), Progesterone
	General Ultrasound and Scans	EL22	**Ultrasound Kidneys:** Assess kidney function, size, blood flow
		EL23	**Ultrasound Thyroid:** Assess abnormalities and thyroid cancer risk
		EL24	**Bone Mineral Density (BMD):** Osteoporosis risk, bone health
		EL25	Resting ECG + Chest X-Ray + Fecal Occult Blood (Stool) Test

Choose

ANY ONE (01)

This **OR** That

	Category	ID#	Choose ANY ONE (01) at EXTRA COST from options below.	Top-up Fee Extra
Choose ANY ONE (01) option at additional EXTRA COST from this list.	Specialized Blood Tests (Done with other blood tests on Page 6 and 8)	EL26	**Sexual Health:** HIV, Syphilis, Herpes (I, II), Chlamydia, Gonorrhea	$99
		EL27	**Kidney Failure Risk:** Cystatin C, eGFR based on Cystatin C	$99
		EL28	**Stress and Anti-Aging:** Testosterone or Estradiol (E2), DHEAS, IGF1, SHBG, Cortisol	$99
		EL29	**Longevity and Cardio-Metabolic Health Risk:** APOB, Insulin, LP(a), Homocysteine, Testosterone OR Estradiol (E2), Cortisol, DHEA	$129
		EL30	**Eyes, Heart and Brain Function:** Omega-3 Fatty Acid Profile	$179
		EL31	**Comprehensive Insulin Resistance Screening:** KRAFT Test	$199
		EL32	**Comprehensive Hormonal Screening:** DUTCH Complete	$599
	For Men	EL33	**Prostate Cancer Screen:** Ultrasound Prostate	$99
	For Women	EL34	**PCOS or PCOD Diagnosis:** Ultrasound Pelvis (Trans-vaginal)	$99
		EL35	**Prevent Breast Cancer:** Mammogram (for over 40 yr. old)	$99
		EL36	**Advanced Cervical Cancer Prevention:** HPV DNA Test	$99
	Ultrasound and Scans	EL37	**Ultrasound KUB:** Kidneys, Ureters and Bladder	$79
		EL38	**Ultrasound Hepatobiliary:** Liver, Pancreas, Spleen, Gallbladder	$99
		EL39	**Diet and Weight Management:** Continuous Glucose Monitoring (CGM)	$99
		EL40	**Ultrasound Abdomen:** Hepatobiliary (EL38) + Kidneys (EL22)	$129
		EL41	**Lung Capacity | Aerobic Fitness:** VO2Max (Treadmill)	$129
		EL42	**Detailed Heart Function Assessment:** ECG Treadmill	$179
		EL43	**Liver Stiffness | Fibrosis:** Ultrasound Liver with Elastography	$199
		EL44	**Stroke risk, Plaque buildup (IMT):** Ultrasound Carotids	$199
		EL45	**DEXA Scan:** Assess your body composition, fat, muscle mass	$199
		EL46	**Heart Scan (Hardening Arteries):** CT Coronary Calcium	$259
		EL47	**Heart Health Risk:** 2D Echocardiogram	$299
		EL48	**Multi-Cancer Early Detection (MCED):** SPOT-MAS Screen	$689
		EL49	**Biological Age:** Epigenetic myTruAge and Pace of aging	$899

Contact us **EHS@genixpro.com | WhatsApp: +65-88752304 to add-on more than ONE (01) option** or if you wish to inquire about other health screening packages.

***Note:** Blood test, ultrasound and scans require a visit to our clinic location at Royal Square Novena or Paragon. Ultrasound and scans require an appointment to be scheduled before your visit.

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Premium Add-on Options (Additional charges* apply)

01 Nutritional Deficiency

Magnesium (Mg), Zinc (Zn), Iron Deficiency Anaemia Screen (#02)

02 Iron Deficiency Anaemia (Fatigue | Tiredness)

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

03 Cardio-Metabolic Risk (Longevity)

- Lipoprotein(a), APOB, Homocysteine, Total Testosterone OR Estradiol (E2), Cortisol, DHEAS, Insulin Resistance (HOMA-IR)
- Recommended Extra*: Ferritin, Comprehensive Insulin Resistance Screen (Kraft Test*), Telomere Length Test, myTrueAge (Biological Age)

04 Cardiac Health Risk Screen

- Lipoprotein (a), APOB, APOA1, CK-MB, Homocysteine.
- Recommended Extra*: Insulin (with HOMA-IR), Cortisol, High Sensitive Troponin-I

05 Cardio-Respiratory Fitness

- Body Fat Assessment (DEXA Scan | InBody)
- VO2Max Test – Aerobic Fitness (Treadmill OR Bike)

06 Cancer Markers

- Pancreas (CA 19.9), Nose (EBV), Breast (CA 15.3) OR Testicular
- Recommended Extra*: Free PSA %, SCC

07 Colon Cancer Screening

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

08 Stomach Ulcer Screen - Helicobacter Pylori | SIBO

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

09 Cervical Cancer Screen (Female)

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

10 Hepatitis Markers

- Hepatitis A Antibody
- Hepatitis C Antibody

11 Hormone Profile (Female)

- FSH, LH, Prolactin, Estradiol (E2), Progesterone.
- Recommended Extra*: Testosterone, DHEAS, SHBG

12 Fertility Screen (Female)

- FSH, LH, Prolactin, Estradiol (E2), Progesterone, Ovarian Reserve (AMH), Pregnancy (hCG),

13 Stress | Anti Ageing (Female)

- Estradiol (E2), DHEAS, IGF1, Cortisol
- Recommended Extra*: IGFBP3, DUTCH Test (Hormones)

14 Menopause | Menstrual Irregularities | PCOS

- FSH, LH, Estradiol (E2)
- Recommended Extra*: Prolactin, Selenium

15 Hormone Profile (Male)

- FSH, LH, Prolactin, Total Testosterone
- Recommended Extra*: Free Testosterone, DHEAS, SHBG

16 Stress | Anti Ageing (Male)

- Total Testosterone, DHEAS, IGF1, SHBG, FAI, Cortisol
- Recommended Extra*: IGFBP3, DUTCH Test (Hormones)

17 Thyroid Imbalances (Weight | Mood)

- Free T3, Total T3, Total T4, TgAb, TPO
- Recommended Extra*: TRAB, Reverse T3, Iodine, Selenium.

18 Hair Loss Screen

- Free T3, Iron Deficiency Anaemia Screen (#02), Zinc, Mg, Hormones (#11 OR #15)
- Recommended Extra*: Thyroid Antibodies

19 Digestive Enzymes

- Liver: Lactate Dehydrogenase (LDH)
- Pancreas: Amylase, Lipase
- Recommended Extra*: LiverFASt, LiverStat

20 Kidney Function

- Cystatin C (with eGFR)

21 Sexual Health

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

22 Immunity | Autoimmune Conditions (RA, SLE, Lupus)

- Anti-Nuclear Factor (ANF), Anti-ds DNA, Complement C3, Complement C4
- Recommended Extra*: CD4:CD8 Ratio

***Note:** Price available on request, only upon purchase of a main package. Recommended Extra* incur additional cost, over and above the add-on fee.

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Specialty Add-ons (Additional charges* apply)

DNA Health Insights



Predict | Health Risks

Learn about your innate health traits, nutritional deficiencies and needs, hereditary health risk predispositions, likely food sensitivities & intolerances.

EXPLORE

Gut Health Insights



Personalize | Nutrition

Assess gut microbiome composition, likely beneficial and harmful bacteria, their impact on health, probiotics and supplementation, food to eat or avoid.

EXPLORE

Supplements Subscription



Customize | Supplements

Customize supplements subscription based on individual needs, uniquely identified from health assessment recommendations and your lab tests.

EXPLORE

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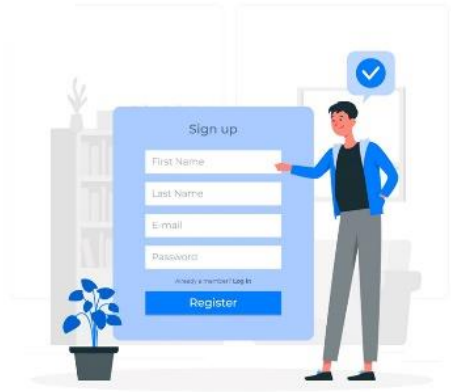
How It Works



Join

1. Choose your package and add-on options (if any)
2. Buy online. e-receipt emailed upon purchase **CHECK SPAM**
3. Schedule your appointment from the next screen



Test

4. CGM kit is mailed home for self-application and tracking. Use Fitbit for food/activity log
5. Blood Test and/or Ultrasound if chosen, are done in partner clinics at Novena or Paragon



Know

6. Get results ready email notification (app, portal, WA)
7. Schedule Dr. review* of lab test results (online – video)
8. Use AI Assistants to generate a personalized health plan



Act

9. Adhere to plan. Track results. Use voice, text AI Assistants for inquiries or to customize your recommendations, next steps
10. Transform your health. Retest. Optimize your healthspan.

***Note:** Basic review included. Specialist or longevity medicine consultations for functional insights charged extra.

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Health Screening Preparation

Before Your Screening

01 Appointment Availability

We have **slots available** (Mon-Sat, excl. public holiday). **Upon online purchase**, choose your preferred date and time of appointment from the next screen.

02 Health Screening Advisory

A detailed health screening advisory, along with **all preparation requirements and next steps, is emailed AFTER your purchase.** Most of our screenings **do not require fasting.** Special instructions if applicable will be indicated in our email.

03 Our Health Screening Process

1. **Blood tests, Ultrasound and Scans (if chosen)** are done at our partner **clinic locations at Royal Square Novena or Paragon**
2. **DNA/GUT/CGM/Stool/ Other kits* (if chosen)** are **mailed home for sample self-collection and mail back within 3 days.** Detailed instructions emailed in our health screening advisory

04 Add-on Tests (if any)

- You may add-on tests **ONLY AFTER** purchase of your baseline health screening package (as applicable)

During Your Screening

05 Women's Health Screening

Women are encouraged to schedule their appointment **7 days or more after the end of last menses, or 12 days from the start of ongoing menses.** Avoid scheduling appointment **5 days before the likely start of next cycle.** Special instructions apply for hormonal screen (PCOS/PCOD/Menopause) and are emailed in our health advisory.

06 Medications and Supplements

Unless strictly advised by your doctor not to do so, on the day of your scheduled appointment, **avoid taking your routine medication and supplements** until after all the blood tests are complete

07 Health Screening Duration

1. **Blood tests, Ultrasound and Scans (if chosen)** are generally completed within **60-90 min.** (except when multiple scans are chosen)
2. **Blood Tests Only (if chosen)** are generally completed in **20-30 min.**

08 Rescheduling Your Appointment

- **1x rescheduling of your appointment** is offered complimentary **up to 72 hrs. before** scheduled appointment. Otherwise, extra charges apply.

After Your Screening

09 Test Results and Reports

1. **Blood tests, Ultrasound and Scans (if chosen)** are generally reported within 1-2 business days once tests are complete
2. **DNA/GUT/CGM/ Other kits* (if chosen)** are generally reported within 4-8 weeks from the date we receive your sample back at the lab
3. Once ready, your test results and reports will be accessible from **GenixPRO App and Web Portal.** Access instructions are emailed.

10 Follow-up With Doctor

Depending on your choice of health screening package, you may have up to **1-2 complimentary follow-up** review of test results included in your purchase. These next steps are advised in our email, once test results are ready.

11 Past Test Results and Reports

We offer services to help you **import all your past health screening test results and reports** on to GenixPRO app for easy tracking and monitoring over time

12 Looking Ahead

We offer medication, supplementation and a variety of services on GenixPRO app

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Test Description

TEST NAME	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 (≥ 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

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