Most Comprehensive Health Screening

Live Healthy, Longer.

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Ultimate+ Health Screening

Ultimate+ is an All-in-1 comprehensive, holistic health screening package that includes Longevity Biomarkers + GUT Microbiome + DNA insights for our members to assess their Gut health, DNA health, in combination with 100+ Longevity Biomarkers (including blood tests for cardio-metabolic health, liver and kidney function, hormones, nutritional deficiencies, blood profile, bone and joints, and more), with detailed lifestyle self-assessment.



100+ Blood Tests + **DNA + GUT Insights** = **Buy Now**

⁺Turnaround time: Up to 8 weeks* from the time the lab receives your DNA+GUT samples.

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Blood Tests Included – 100+ Biomarkers

Heart Health & Longevity

- Lipoprotein(a) or LP(a)
- Apolipoprotein B or ApoB
- Total Cholesterol
- HDL, Non-HDL, LDL Cholesterol
- Triglycerides
- Cholesterol Ratio(s)
- High-Sensitivity C-Reactive Protein (hsCRP)

Energy, Weight & Metabolism

- Glucose (Fasting)
- Hemoglobin A1c or HbA1c
- eAG (Estimated Average Glucose)
- Insulin (Fasting)
- HOMA-IR (Insulin Resistance Screen)

Vitamins & Micronutrients

- Vitamin D
- Vitamin B12
- Folate (Vitamin B9)
- Homocysteine
- Ferritin
- Magnesium
- Iron
- Iron Binding Capacity (TIBC)
- Transferrin
- Iron Saturation

Cancer Risk Screening

- Liver (AFP)
- Colon (CEA)
- Female: Ovaries (CA125) OR Male: Prostate (PSA)

Hormones & Fertility

- Free Triiodothyronine (Free T3)
- Free Thyroxine (Free T4)
- Thyroid Stimulating Hormone (TSH)
- Follicle Stimulating Hormone (FSH)
- Luteinizing Hormone (LH)
- Progesterone (Female only*)
- Prolactin
- Estradiol (E2)
- Free, Total & Bioavailable Testosterone
- Cortisol
- Sex Hormone Binding Globulin (SHB)
- Free Androgen Index (FAI)

Kidney Function

- Urea (or BUN)
- Creatinine
- Estimated Glomerular Filtration Rate (eGFR)
- Sodium, Potassium
- Chloride, Bicarbonate
- Anion Gap (Acid-Base Imbalances)
- Urine Microalbumin/Creatinine Ratio

Liver & Gallbladder

- Total Bilirubin
- Direct (Conjugated) Bilirubin
- Indirect (Unconjugated) Bilirubin
- Aspartate Aminotransferase (AST)
- Alanine Transaminase (ALT)
- AST/ALT Ratio
- Alkaline Phosphatase (ALP)
- Gamma-glutamyl Transferase (GGT)
- Total Protein, Albumin, Globulin, A/G Ratio
- FIB-4 Index (Assess Fibrosis Risk)
- Lactate Dehydrogenase (LDH)

Hepatitis Risk Screening

- Hepatitis Bs Antigen (HBsAg)
- Hepatitis Bs Antibody (HBsAb)
- Hepatitis A Total Antibody

Bone & Joint Health

- Calcium
- Corrected Calcium
- Phosphate
- Uric Acid (Assess Gout Risk)
- Rheumatoid Arthritis (RA) Factor

Body Measurements | Vitals

- Height, Weight, BMI, BSA, RMR
- Biological Age, Heart Age
- Blood Pressure (Systolic | Diastolic)

Blood & Immunity Profile

- Hemoglobin
- Hematocrit
- Red Blood Cell (RBC) Count
- RBC Indices – MCH, MCHC, MCV, RDW, Platelet Count
- White Blood Cell (WBC) Count
- Erythrocyte Sedimentation Rate (ESR)
- Peripheral Blood Film (PBF)
- Absolute & Differential (%) Counts for – Neutrophils, Lymphocytes, Monocytes, Eosinophils, Basophils

Urine and Stool Analysis

- Urine Color, Appearance, pH and Specific Gravity
- Urine Chemistry – Blood, Glucose, Protein, Bilirubin, Urobilinogen, Nitrite, Ketones
- Urine Microscopy - Red Blood Cells, White Blood Cells, Epithelial Cells, Mucus Threads, Bacteria, Yeast, Casts, Crystals, Others
- Fecal Occult Blood Test

Functional Insights*

- Weight and Mood Imbalances, Poor Sleep, Hair Loss, Fatigue, Cognition, Immunity, Fertility, Low Libido*, Menopause, Perimenopause

***Note:** Blood tests are done at clinic locations at Royal Square Novena or Paragon. Detailed health advisory emailed upon purchase. Specialist or longevity medicine consultations for functional insights charged extra.

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LISTEN TO YOUR GUT

Our members choose Gut Microbiome Test, when they may experience any one or more of these symptoms or conditions :



- ✓ Irregular or irritable bowels (IBS), IBD, leaky gut
- ✓ Abdomen or **stomach pain, bloating, gas**, discomfort
- ✓ Constipation, diarrhea, **indigestion, bowel problems**
- ✓ Food or skin **sensitivity, allergies**, eczema or psoriasis
- ✓ **H. Pylori, SIBO**, gastritis, nausea or acid reflux
- ✓ Difficulty in losing weight or weight-loss regain
- ✓ **Low immunity, poor sleep quality**, sleep disturbances
- ✓ Feelings of anxiety or depression, impacts mental health
- ✓ Low energy, fatigue or brain fog, lethargy, tiredness
- ✓ Inflammation, bone and joint discomfort; or
- ✓ Want to assess gut microbiome to optimize health

***Results are available in up to 6-8 weeks.**

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LISTEN TO YOUR GENES

Our members choose to fully decode their DNA health proactively, to maximize their genetic potential and to gain early insights about:

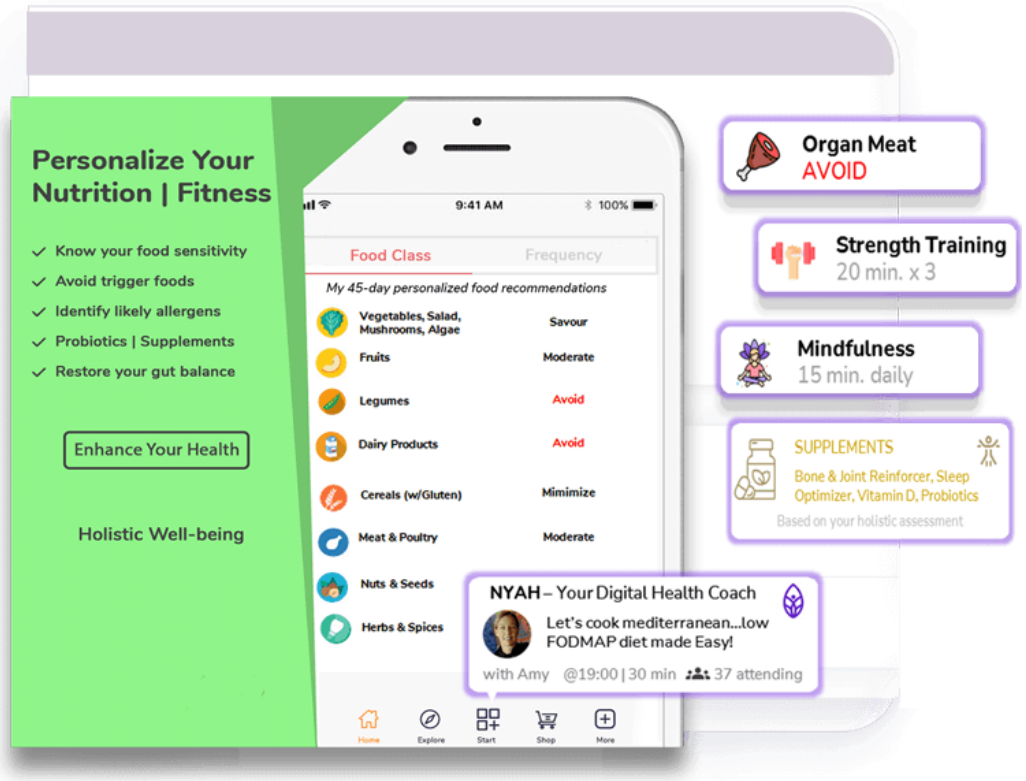


- ✓ Diet and metabolism, DNA **methylation, nutritional deficiencies**
- ✓ Personalized **vitamins, micronutrient needs** and ideal dosages
- ✓ **Lactose and gluten intolerances**; alcohol, caffeine, salt sensitivity
- ✓ Fitness and exercise potential, likely ACL or Achilles injury risks
- ✓ **Eating behavior, weight loss potential**, and weight regain issues
- ✓ **Disease risks influenced by genes** and lifestyle, early interventions
- ✓ Health risk carrier status, **fertility or premarital DNA risk screen**
- ✓ Inflammation; cardiovascular; bone, joint, musculoskeletal health
- ✓ **Autoimmune diseases, thyroid imbalances**, skin and hair conditions
- ✓ **Sleep Apnea, poor sleep depth** or quality influenced by genes

***Results are available in up to 6-8 weeks.**

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Buy Now

LEARN ABOUT DNA+GUT HEALTH

Discover personalized insights and gain actionable recommendations to optimize your nutrition, fitness, and holistic well-being

- ✓ Know 650+ **food items to eat and avoid**
- ✓ Know your **supplementation and probiotics needs**
- ✓ Test to **optimize sleep, mood, memory and brain function**
- ✓ Enhance **sleep and stress management**
- ✓ Identify ways to maximize efficiency, calorie burn
- ✓ Maximize your innate potential to transform your holistic health

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What You May Learn

About your nutrition and fitness.

Digestive Health

Know your susceptibility to bowel movement disorders, bloating and gas, intestinal permeability (leaky gut), or food intolerances

Diet and Metabolism

Should you be on a Low Carb, Low Fat, Mediterranean or Balanced diet? Identify carbohydrate, fat sensitivity, daily calorie needs, macronutrient ratios



Vitamin and Micronutrients

Identify your nutrient needs and Vitamin B6, B9, B12, A, D, E requirements. Become aware of likely Calcium, Choline, Glutathione, CoQ10 deficiency

Probiotics and Prebiotics

Find out your innate probiotics composition in the gut and the natural food sources (prebiotics) that may help nurture a diverse microbial community

Pathogens and Harmful Bacteria

Assess pathogenic species abundance (like H. pylori, C. difficile, ETBF) that may be negatively impacting your health. Learn lifestyle modifications to minimize risks

Food Sensitivity

Find out if you are lactose or gluten intolerant. Identify your sensitivities to caffeine, bitter taste, salt, alcohol, lectin, histamine or food additives

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What You May Learn

About your health conditions.

Gastrointestinal Health

Is your gut microbiome predisposing you to risk for IBD, IBS, Ulcerative Colitis, Crohn's disease or leaky gut? Learn ways to mitigate your risks for optimal health

Metabolic Health

Know your risk of lifestyle diseases such as type-2 diabetes, hypertension, kidney and liver disease. Learn ways to optimize sleep quality, stress resilience to mitigate risks



Neurodegenerative Disorders

Protect your future by understanding how your gut bacteria may influence risk for conditions such as Dementia, Alzheimer's and Parkinson's

Cardiovascular Health

Find out your genetic likelihood for Elevated LDL Cholesterol, Triglycerides, Blood Sugar or Decreased HDL. Make informed health choices personalized to your needs

Mental Health

Gut bacteria influences mood, impacts risk for depression, bipolar disorder, anxiety or schizophrenia. Learn about these aspects and resilience, and stress response

Liver and Kidney Disorders

Oh My Gut! CKD, NAFLD, Cirrhosis, Hepatitis risk. Discover how diet impacts such risks. Learn about your body's actual biological processes and their gut health connection

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For Ultimate+ (Several add-on options available at extra cost)

Add-On option(s) from this list at extra cost.

Category	ID#	Description
Specialized Blood Tests For Men and Women (Done with main blood tests)	UL01	**Digestive Enzymes and Pancreatic Function:** Amylase and Lipase
	UL02	**Heavy Metals Toxicity Screening:** Zinc, Copper, Selenium, Mercury, Lead
	UL03	**Prevent Colon Cancer:** H. Pylori IgG Antibody Blood Test
	UL04	**Prevent Colon Cancer:** Urea Breath Test (Comprehensive)
	UL05	**SIBO Test:** Hydrogen-Methane Breath Test (Comprehensive)
	UL06	**Sexual Health:** HIV, Syphilis, Herpes (I, II), Chlamydia, Gonorrhea
	UL07	**Kidney Failure Risk:** Cystatin C and eGFR based on Cystatin C
	UL08	**Eyes, Heart and Brain Function:** Omega-3 Fatty Acid Profile
	UL09	**Comprehensive Insulin Resistance Screening:** KRAFT Test
	UL10	**Thyroid and Weight Imbalances:** Thyroglobulin Antibodies (TgAb), Thyroperoxidase Antibodies (TPO), Total T3, Total T4
	UL11	**Comprehensive Hormonal Screening:** DUTCH Complete
	UL12	**Growth Factor and Aging Screen:** IGF1, IGFBP3
For Men (Blood Test and Scans)	UL13	**Additional 3x Cancer Markers:** Pancreas, Nose, Testicular
	UL14	**Prostate Cancer Risk Screen:** Free PSA, Free PSA %
	UL15	**Adrenal Function and Performance:** Dehydroepiandrosterone Sulfate (DHEA-S), Progesterone
	UL16	**Prostate Cancer Screen:** Ultrasound Prostate
For Women (Blood Test and Scans)	UL17	**Additional 3x Cancer Markers:** Pancreas, Nose, Breast
	UL18	**Ultrasound Pelvis (Abdominal):** Assess uterus, cervix, ovaries
	UL19	**Prevent Breast Cancer:** Ultrasound Breast (for under 40 yr. old)
	UL20	**Prevent Breast Cancer:** Mammogram (for over 40 yr. old)
	UL21	**Prevent Cervical Cancer:** Pap Smear (LBC ThinPrep)
	UL22	**Advanced Cervical Cancer Prevention Test:** HPV DNA
	UL23	**PMOS (PCOS/PCOD) Assessment:** Dehydroepiandrosterone Sulfate (DHEA-S)

Add-On option(s) from this list at extra cost.

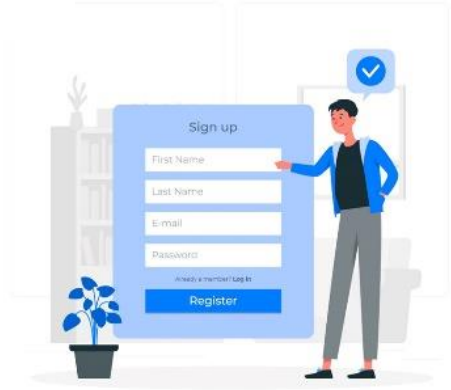
Category	ID#	Description
For Women	UL24	**PMOS (PCOS/PCOD) Diagnosis:** Ultrasound Pelvis (Trans-vaginal)
	UL25	**Prevent Ovarian Cancer:** ROMA Index (Pre / Post Menopause)
	UL26	**Fertility and Pregnancy:** Ovarian Reserve (AMH), Pregnancy (hCG)
Ultrasound, Scans and Specialized Tests For Men and Women	UL27	**Heart and Lung Function:** Resting ECG and Chest X-Ray (Filmless)
	UL28	**Early Cognitive Decline:** Digital Brain Function Screening
	UL29	**Bone Mineral Density (BMD):** Osteoporosis risk, bone health
	UL30	**Ultrasound Kidneys:** Assess kidney function, size, blood flow
	UL31	**Ultrasound Thyroid:** Assess abnormalities and thyroid cancer risk
	UL32	**Ultrasound KUB:** Kidneys, Ureters and Bladder
	UL33	**Ultrasound Hepatobiliary:** Liver, Pancreas, Spleen, Gallbladder
	UL34	**Stroke risk, Plaque buildup (IMT), CVD Risk:** Ultrasound Carotids
	UL35	**Lung Capacity | Aerobic Fitness:** VO2Max (Treadmill)
	UL36	**Diet and Weight Management:** Continuous Glucose Monitoring
	UL37	**Ultrasound Abdomen:** Hepatobiliary (UL33) + Kidneys (UL30)
	UL38	**Liver Stiffness | Fibrosis:** Ultrasound Liver with Elastography
	UL39	**DEXA Scan:** Assess your body composition, fat and muscle mass, bone density
	UL40	**Heart Scan (Hardening Arteries):** CT Coronary Calcium Score
	UL41	**Detailed Heart Function Assessment:** ECG Treadmill
	UL42	**Heart Health Risk:** 2D Echocardiogram
	UL43	**Biological Age:** Epigenetic myTruAge and Pace of aging
	UL44	**Autoimmune Disease Screen:** ANF, Anti-ds DNA, Complement C3, C4
	UL45	**Multi-Cancer Early Detection (MCED):** SPOT-MAS (ctDNA) 10 Cancer Screen

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:** 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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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. DNA+GUT kit mailed home for sample self-collection and mail back within 3 days in mailer provided
5. Blood Test, Ultrasound (if any) are done at Novena, 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

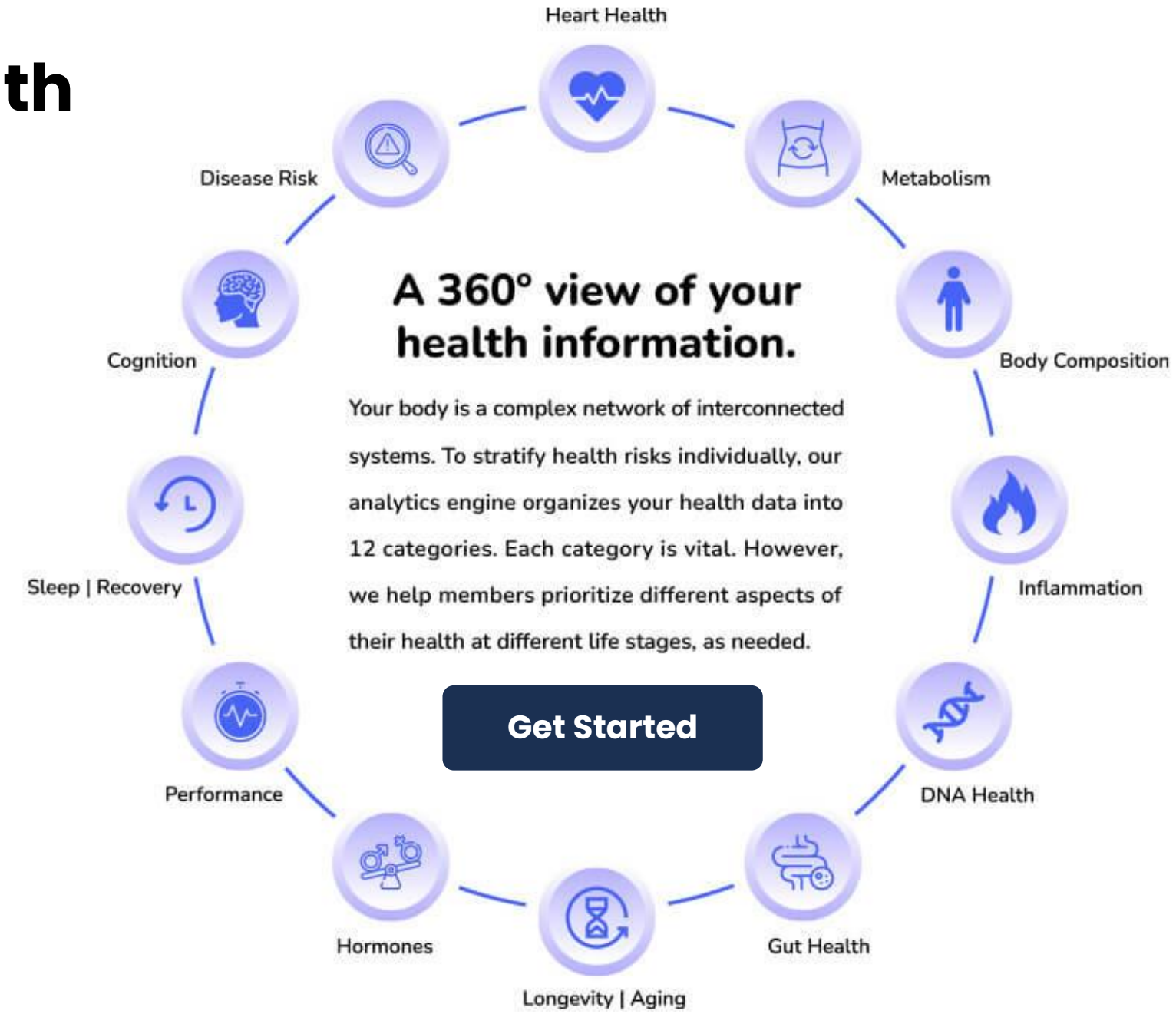
We offer services to help you **import all your past health screening test results and reports** on to GenixPRO app for easy tracking and monitoring over time

12 Looking Ahead

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

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Holistic Health



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