

# YOUR genes YOUR lifestyle YOU!

Goal Setting

Mental  
Wellbeing

Nutrition

Physical  
Activity

Sleep

Stress  
Management

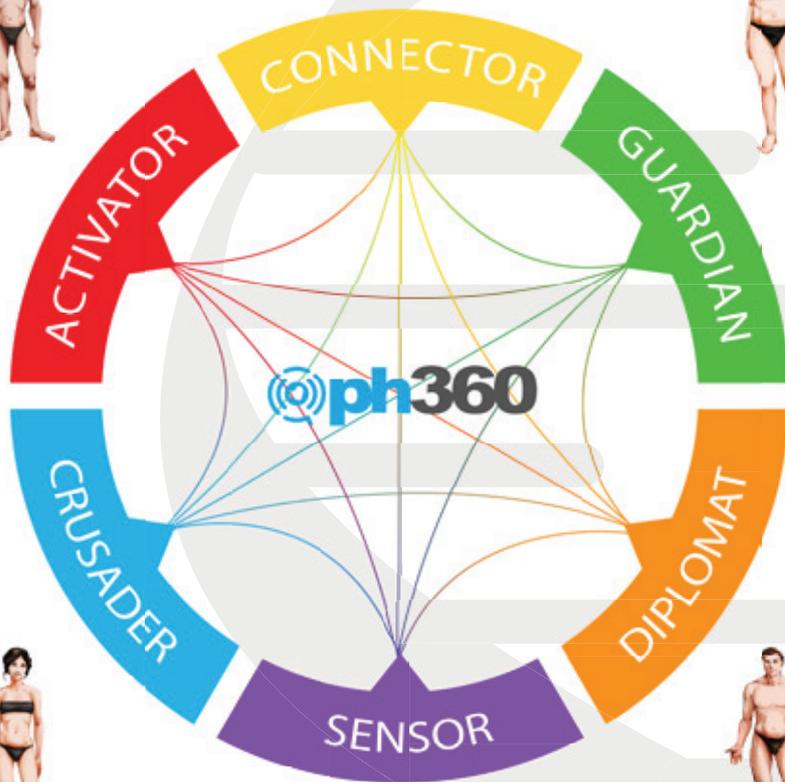
Time  
Management

**PRECISION**  
HEALTH COACHING  
— a precisely healthier you —

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discover  
YOUR  
 epigenetic  
 health  
 type



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