

# PERSONALIZED GENETIC WELLNESS

## FREQUENTLY ASKED QUESTIONS

### WHAT TYPE OF GENETIC TESTING DO YOU OFFER?

We offer lifestyle genetic testing for weight loss, age management, exercise, nutrition, behavior and skin care. You may purchase these tests individually which include a one-on-one personal interpretation from a PRO expert. These tests are included in 20/20 Lifestyles, My Best 10 or Age Management programs as well as in personal training, skin care, counseling and nutrition packages.

### WHAT IS THE DIFFERENCE BETWEEN WHAT YOU DO, AND WHAT 23ANDME OR ANCESTRY.COM PROVIDES?

Most genetic testing companies only offer you data. PRO Medical will not give you a mountain of data that is generalized from standardized reports. First, your genetic blueprint is reviewed by our physicians and geneticists. Then, you will receive a one-on-one personal interpretation with a PRO health expert and a personalized action plan to help you achieve your goals faster.

### HOW IS THE TESTING COMPLETED?

Testing is completed in a 15 minute appointment with your provider. During this appointment, you will complete a simple cheek swab and set up an app on your mobile device.

### DO I HAVE TO SEE A PROVIDER TO RECEIVE MY GENETIC TEST RESULTS?

Genetic testing is available to anyone and meeting with a provider is not required. However, if you elect not to see a provider, you will not receive a one-on-one personalized interpretation of your genetic blueprint. Genetic testing is available ala carte for \$250 per test and \$1,000 for the complete testing of all categories (fitness, nutrition, behavior & skin care). Testing is included at no additional charge with our Genetic Wellness programs. To schedule a genetic consultation, please contact our Genetic Wellness Program at [genetics@proclub.com](mailto:genetics@proclub.com), (425)376-3333, or visit the Resource Center on the fitness floor.

### HOW LONG WILL IT TAKE TO RECEIVE MY TEST RESULTS?

You will receive your test results in approximately one week.

### HOW IS MY PRIVACY PROTECTED?

Your samples will be assigned a test number (your name remains anonymous) and sent to our lab. During this time, genetic scientists will sequence your genes and provide an advanced scientific analysis of your results. Your provider will only receive your results upon your authorization. All information sent via the internet is encrypted and follows industry standard security measures. You may find a copy of PRO Club's privacy policies at [www.proclub.com/Privacy-And-Terms](http://www.proclub.com/Privacy-And-Terms) and Orig3n's privacy policy is located at [www.orig3n.com/privacy-policy](http://www.orig3n.com/privacy-policy)

### HOW WILL MY PROVIDER USE MY GENETIC BLUEPRINT?

Your provider will analyze your genetic blueprint along with assessments about your lifestyle, personal goals, and/or medical tests. Actionable insights are created from this data and are 100% personalized to your body.

### DO YOU PERFORM DIAGNOSTIC GENETIC TESTING FOR DISEASES?

Our genetic wellness programs focus on lifestyle to help you make better-informed decisions about your self-care. Our genetic testing does not provide a diagnostic test for mental health, illness or diseases.

### WHO PROCESSES THE GENETIC TESTING?

We have partnered with Orig3n, located in Boston, as well as created a scientific advisory board comprised of world-renowned geneticists.

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*For more information about Personalized Genetic Wellness Programs, please ask your service provider, call (425) 376-3333, or email [genetics@proclub.com](mailto:genetics@proclub.com).*