



up to a \$ 129.00
Value for

FREE

DNA Screening

It's Your Health. Know Your Genetics

Genetic testing is an important health-care tool that can tell you a lot about your body. Often, test results can help doctors diagnose and predict a person's risk for developing a disease. Your plan allows you 1 free kit.

DNA Tests Available

- **Nutrition** - Discover 43 genetic traits related to your diet, eating behaviors and nutritional needs. Highly recommended for those with potential food allergies, vitamin deficiencies, or individuals who wish to lose weight or gain muscle.
- **Fitness**-Identify 31 genetic traits that are essential to fitness including strength, recovery, and performance. Learn more about how your body reacts to the volume of workouts, duration of the workouts and the level of repetition you can withstand.
- **Skin** - Identify 25 genetic traits that will help you develop and maintain a healthier skincare routine. From complexion to nutritional deficiencies, receive personalized treatment recommendations based on your unique genetic profile.

GETTING STARTED IS EASY...



Log onto your [Personal Health Dashboard™](#) or scan the QR code.

Go to My Benefit Tools > Order DNA Kit

1. Order one of the tests listed
2. Your test will arrive in approximately 7-14 business days.
3. When it arrives, follow the instructions and mail your sample back to the lab.
4. When your results are ready, you will receive an email from US HealthCenter with your report.

Need Assistance?

 877-322-7398 Ext. 2

 wellness@ushealthcenterinc.com