

Insightome[®]

Your Genetic Insights for a **Healthy Pregnancy**

Phase 2: **Genetic Counselling Report**



India's Most Comprehensive
AI Based Personalized Genomics Test

Customer ID: **10005**

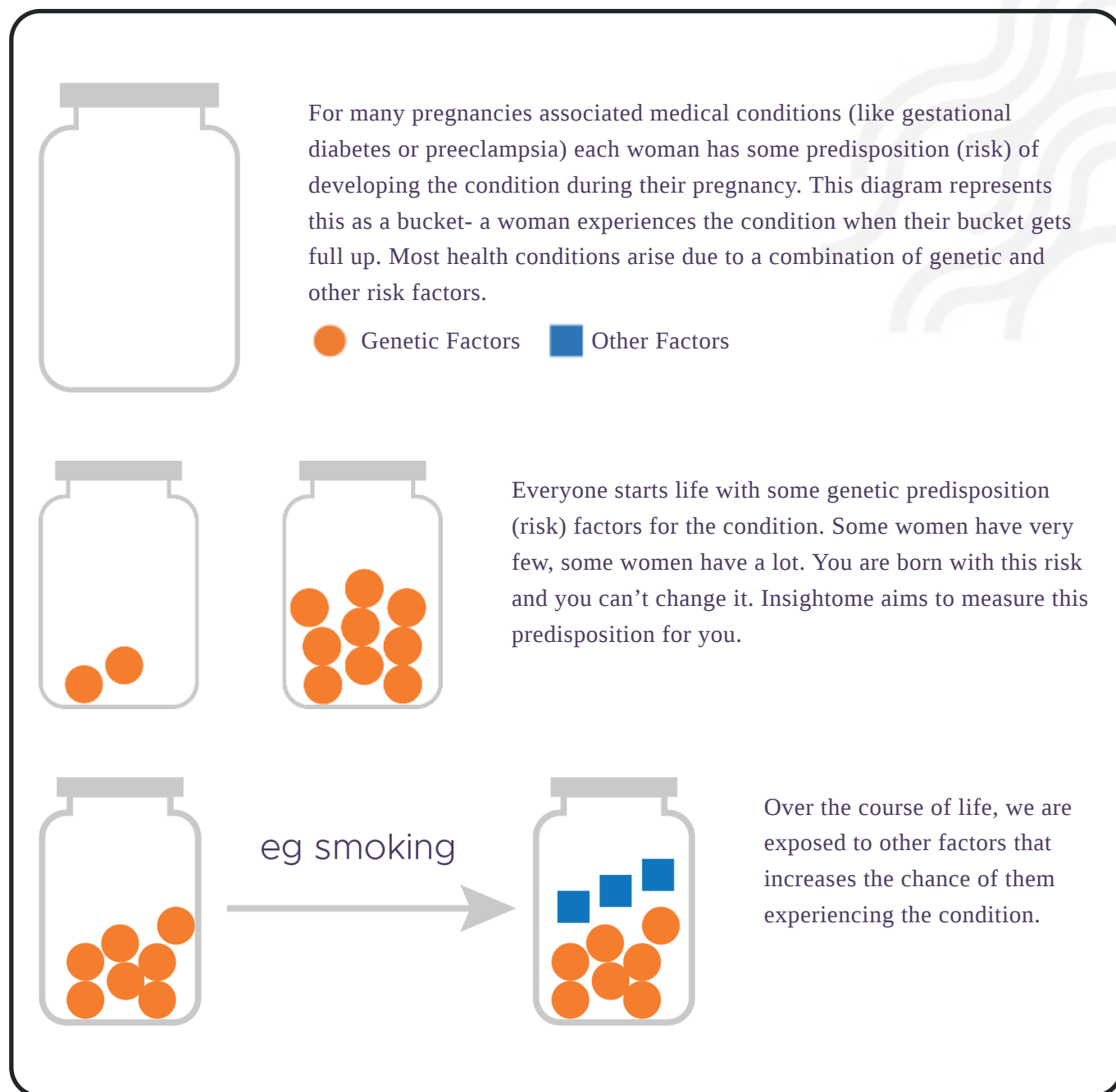
Dear Kirantej Moturu,

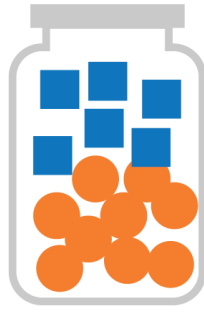
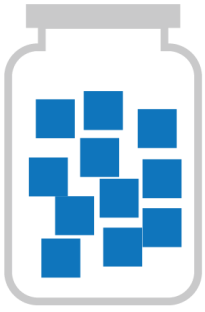
We are glad to see that you have opted this test with us. Your genetic Counselling report captures the major highlights from your pregnancy Insightome™ genetic test report & incorporates the observations of your accredited genetic counsellor. We sincerely hope you will find this report to be a helpful resource to guide you in managing your pregnancy associated health, nutritional and lifestyle aspects in alignment with your genetic profile. It will assist you in health optimization by synchronizing your nature (genes) and nurture (lifestyle) & contribute in obtaining improved pregnancy outcomes.



Why genetic counselling is a part of Pregnancy Insightome Program?

Our genetic counselling is driven by the primary objective of helping you understand and interpret the Insightome™ genetic test report results for its effective alignment and synergism with your pregnancy. The counsellors evaluate the interaction between your genes and your real life personal and family health parameters to provide meaningful interventions. The illustration below captures how the interplay between your genetic profile and your environment contribute to manifestation of medical conditions.

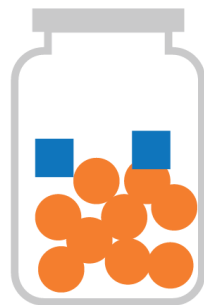




If you had more genetic risk factors in your bucket to begin with, it takes fewer other risk factors to fill the bucket and result in the health condition.



If you had more genetic risk factors in your bucket to begin with, it takes fewer other risk factors to fill the bucket and result in the health condition.



Even if you have a 'high genetic risk' of a particular condition, for most health conditions, having a high genetic risk does not mean you'll get it.

By working on the factors you can change, you might be able to reduce the chance of developing a health condition, even if you have a high genetic risk.

Your certified Insightome counsellors take into consideration these aspects to provide interventions that can help to reduce the chances of developing medical conditions or nutritional deficiencies during your pregnancy. These recommendations help you and your treating clinician plan your pregnancy better to improve the pregnancy outcomes.

Pregnancy Insightome Genetic Tests: Trait symptoms & Management

Your Insightome test has reflected the following traits with elevated and moderate predispositions. We have listed the symptoms, that you should be mindful of, pertaining to these traits. We recommend that you should reach out to your treating clinician in case you experience any of these symptoms for appropriate and timely management.

Traits	Signs and Symptoms one should look out for (A)	When to see doctor (B)	References
---------------	---	-------------------------------	-------------------

Chief Complaints

- o

Personal Medical and Surgical History

- o



Family History

- o

Lifestyle associated risk factors

- o



Genetic Counseling Recommendations

o



Recommended Follow ups

o

