



MapMyTM
Health

Discover your True Selfie



MapmyHealthTM is a **DNA-based health and wellness solution**, helps you discover your true selfie. This provides 100+ easy to read reports that contain insights about your genetic make-up, susceptibility to health conditions, and how you react to medications.



20% of Indians suffer from at least one chronic disease.

The majority of the chronic diseases are preventable. Studies prove that several genes influence various aspects of wellness - from nutrition, metabolism, heart health, immunity, brain function, gut health, and more. Although factors like physical fitness and lifestyle have a major say in your health, your genes play a bigger role. This is where MapmyHealthTM comes in.

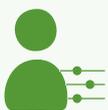
Early detection, personalisation and prevention is key to one's well-being.

MapmyHealthTM is the ultimate DNA-based wellness test, which provides you a 360° view of your health. Using MapmyHealthTM, design your lifestyle and proactively take charge to achieve long-term health goals. This comprehensive wellness solution includes free genetic counselling with personalised recommendations to switch to healthy habits.

Benefits

- Know yourself better - gain insights into physiological and lifestyle traits & patterns that define you
- Helps you in personalising diet and fitness
- Identify potential risk for lifestyle/chronic disease and consider early intervention
- Find how you respond to commonly prescribed medicines
- Personalised action plan for better health based on your DNA and family health history

Features



120+ conditions
in 19 panels



Once in a lifetime
and Non-invasive.



Easy to read and
self-explanatory report.



Fast reporting with
99.9% data accuracy.



Free Genetic counseling
session with a personalised
recommendation report.

Who can take this test?

- Have a family history of diseases
- Who want to personalise diet, fitness, and wellness
- Proactive about their health or having a sedentary lifestyle

Panels & Conditions

Nutrition

Vitamin C
Vitamin D
Biotin
Vitamin B6

Mental Wellbeing

Resilience
Learning Ability

Medicines

Clopidogrel
Codeine
Simvastatin
Tramadol

Liver Gastro & Renal

Liver Cirrhosis
Celiac Disease
Crohns Disease
Ulcerative Colitis

Neuro & Psychiatry

Parkinsons
Schizophrenia
Alzheimers Disease
Bipolar Disease

Cardiac Health

Bad Cholesterol (LDL)
Good Cholesterol (HDL)
Stroke
Coronary Heart Disease

Process



Testimonials

The inferences and findings from the MapmyHealth™ have been quite useful. Some of it was expected but a few of them were quite unexpected. It also provided what action I have to take for a healthy life.

Mercy raj

MapmyHealth™ test cautioned me and also advised me on action to stay healthy. All my queries were promptly replied and genomics counselling was a pleasant experience as if I am talking to my family doctor.

Chandra Shekhar

Why MapmyGenome™?



24X7
Service



Latest Sequencing
Technology



22+ Years of
Genetic Experience



Accredited
Laboratory



Genetic
Counseling



Corporate Office

Royal Demeure, Plot No. 12/2, Sector-1, HUDA Techno Enclave, Madhapur,
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info and a call back

