



**Make it  
personal**

**Aetna DNA**

Gain greater insight into your  
health and wellness using your DNA



# Genetics, working for you

We're taking your health and wellness benefits to a whole new level. It's time for you to experience a more personalised approach to your health and wellness; one that looks at you as an individual with unique needs.

That's why we launched Aetna DNA, to offer a more personalised approach to care using genetic testing and health coaching. Aetna is the first international private medical insurer to offer cutting-edge genetic science out of the lab and to put it to good use for the people we serve in the real world.

Genetics offer you invaluable insight into how your body's own unique makeup works. Personalised test results help you determine an optimal diet, identify any food sensitivities, find stress reduction strategies, the best workout and sleep routines for your needs, and more. This unique data will help you take specific actions that have the potential to make you happier, healthier, and more productive with a better quality of life, increased work and life satisfaction, and fewer medical expenses in the future.

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## A quick, easy DNA test

Aetna DNA couldn't be easier. You send us a simple mouth swab and we send you back accurate, reliable information that explains the complex relationship between your genes and your health, fitness, sleep and nutrition in a way that's easy to understand.

1. Take the easy, at-home saliva swab test
2. Send the swab back to us in the mail
3. Receive results within two weeks
4. Have a consultation to understand your results
5. Start your journey to a healthier future with our ongoing support



# Why Aetna DNA?

## Empower yourself with science-based results

**Aetna DNA empowers you with knowledge about your genetic predispositions and needs. Equipped with this information, we show you how to make positive lifestyle changes that lead to better health, fitness and quality of life.**

Aetna DNA provides genetic testing based on robust science and a commitment to helping you improve your health and well-being. We help you make real life nutrition, fitness, stress and sleep changes that positively impact your physical, mental and emotional health.

### Pioneering science

Aetna DNA uses the highest evidence threshold in the industry, with results that are founded on thousands of published research papers. This is real, accurate, verified science that will help you on your health and wellness journey.

### Privacy is our priority

Adhering to a strict code of security management standards, you can trust that results are kept anonymous and private, that no personal information is stored and that only the genetic variants associated with health, fitness, stress and sleep are tested... nothing more. We adhere to ISO 27001:2013 Information Security Management standards and undergo third party audits to validate our information security.

Aetna DNA holds your data securely and it is only available to you. With your consent that information can be shared with trained Aetna specialists to provide tailored health coaching and support. Aetna does not use any genetic information to discriminate regarding insurance quotations.



# We help unlock your full potential

## Here's what we know:

- Anyone can harness their full biological potential, empowered with the right knowledge
- Everyone is unique and can benefit from a personalised health and wellness solution
- Science, combined with innovative and advanced technology, helps us to improve people's health and well-being

Our goal is to help you proactively improve your lifestyle every day and make progress towards your health goals, so that you can live longer, happier, healthier lives

## The quest for personalisation



One test provides a lifetime of information. As genetic science advances, you'll understand more about your body



Use this information to optimise your lifestyle with a personalised health and wellness solution



Get personalised diet and training plans in addition to strategies for coping with stress and lack of sleep for faster, more sustainable, long-term results



Remove the guesswork from diet, exercise routine, stress response and sleep, saving time, money and mental energy

# Here's what Aetna DNA reveals

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## Fitness

- + Power/endurance response
- + Aerobic (VO2 Max) training response
- + Injury risk
- + Recovery speed

## Stress

- + Stress tolerance
- + Warrior to strategist

## Nutrition

- + Optimal diet type
- + Carbohydrate and saturated fat sensitivity
- + Salt, alcohol and caffeine sensitivity
- + Lactose intolerance and coeliac predisposition
- + Individual vitamin and mineral needs
- + Detox ability and antioxidant need

## Sleep

- + Genetic chronotype
- + Sleep quality
- + Caffeine and sleep

# Here's what you get

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Nutrition report | Fitness report |  
Stress and sleep report |  
Infographic of results



Aetna DNA portal



Bespoke diet and meal plans



Genetically guided online training  
platform



Access to expert sports scientists  
and dieticians for advice and  
guidance



Access to Aetna EAP, virtual health  
care and health coaching support  
for long-term success

# Live smarter and with confidence

## Guidance is the key

Genetics can be complicated. That's why, once you receive your results, we consult with you individually, taking you through your reports step-by-step. We'll answer your questions to make sure you understand the Aetna DNA test results. We also provide you with everything you need to turn this cutting-edge science into real healthy lifestyle changes, including:

- A personal health and wellness coach
- Diet and fitness reports
- Genetically-matched training and meal plans

## We'll help you up your game

Knowing that you need to do something is one thing. Knowing how to do it is often the challenge. We'll help you take positive action on all you've learned from your Aetna DNA results with a whole host of health and wellness solutions.

### • **A comprehensive Employee Assistance Program**

It's not always easy to reach your ideal health without some help. Our Employee Assistance Program helps balance the demands of work, life and personal issues through free, confidential counselling services, mindfulness programs and other health and wellness resources. Regardless of what you're facing, we're here to help.

### • **Care and well-being services**

Whether it's wellness coaching, clinical support from the specialists in our CARE team, online diet and exercise resources, or our member discount program, we'll help you make the right connections at all stages of your health and wellness journey.

### • **Virtual health care resources**

Our virtual health care service, vHealth, gives you access to highly-qualified doctors that can help you take greater control of your overall health and well-being ... anytime, anywhere from your computer or smartphone.

## Experience a more personalised approach to health and wellness

We can help you live a happier, healthier, more productive life by taking your health and wellness benefits to a whole new level. Experience a smarter, more personalised approach to optimising your well-being.

**Contact your company's benefits department** to find out more about our genetic testing program.



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