



# The Most Comprehensive Assessment of Genetic Health

## Changes in your genes can affect your health.



Genes are the body's instruction manual. Changes in genes, called mutations, can cause genes not to function properly. Genes that are not functioning properly can lead to increased risks for cancers, heart attacks, and other serious health outcomes. Many genetic changes do not cause any outward signs, and a person might not know they are at risk until it's too late.

## Genetic testing can improve your health.



If you are identified to have a disease causing mutation, there are actions you can take to reduce your risks. For Individuals at risk for a genetic cardiovascular condition, screening, lifestyle modification, and targeted treatments can reduce risks of heart attack and death. For individuals at risk for a hereditary cancer syndrome, early and frequent screening and/or prophylactic surgery can reduce morbidity and mortality.

## Phosphorus **ONE** is different than other genetic tests.



Phosphorus ONE is the most comprehensive genetic health screen available. While some genetic tests provide interesting information about genetic traits or ancestry, Phosphorus ONE is focused on providing information on the most important conditions that can affect your health.

## The technology we use makes a difference.



Phosphorus ONE (and other medically focused tests) use full gene sequencing to look for all possible disease causing changes (mutations) in a gene, while some tests (like 23andMe's inherited cancer test) only look at a few specific changes that are only found in individuals from a specific ethnic group. Only looking for a few mutations means that more people who are at high risk for hereditary breast and ovarian cancer will be missed by 23andMe's test than will actually be correctly identified.



# Which genetic test is right for you?

|   |  | Invitae Proactive Health Screen | Color Genomics  | 23andMe                            | AncestryDNA |
|---|---|---------------------------------|-----------------|------------------------------------|-------------|
| Cardiovascular Disorders (arrhythmias, cardiomyopathies, familial hypercholesterolemia) | ✓<br>(115 Genes)  | ✓<br>(77 Genes)                 | ✓<br>(30 Genes) | ✗                                  | ✗           |
| Inherited Cancers (breast, ovarian, colon cancer, etc)                                  | ✓<br>(83 Genes)   | ✓<br>(61 Genes)                 | ✓<br>(30 Genes) | ✓<br>(Only 3 mutations in 2 genes) | ✗           |
| Neurodegenerative Disorders (ALS, Parkinson's, early-onset Alzheimer's disease)         | ✓<br>(39 Genes)   | ✗                               | ✗               | ✗                                  | ✗           |
| Pharmacogenetics (response to medications)  | ✓<br>(83 Genes)   | ✗                               | ✓<br>(14 Genes) | ✗                                  | ✗           |
| Infertility (recurrent pregnancy loss, low sperm count)                                 | ✓<br>(40 Genes)   | ✗                               | ✗               | ✗                                  | ✗           |
| Vision Disorders (early-onset glaucoma and vision loss)                                 | ✓<br>(16 Genes)   | ✗                               | ✗               | ✗                                  | ✗           |
| ACMG 59 Genes (actionable medical disorders)  | ✓   | ✓                               | ✗               | ✗                                  | ✗           |
| Complex Disease Risk  | ✓   | ✗                               | ✗               | ✓                                  | ✗           |
| Carrier Screening   | ✗   | ✗                               | ✗               | ✓                                  | ✗           |
| Genetic Traits  | ✗   | ✗                               | ✗               | ✓                                  | ✗           |
| Genetic Ancestry  | ✗   | ✗                               | ✗               | ✓                                  | ✓           |