

# Health Report

Gut Biome • Genes • Food • Lifestyle

Your Personalized Health Journey

GET STARTED



## Precision Weight Loss based on Gut microbiome and Genetic risks

The report contains information based on your



Genetics



Gut microbiome



Health Metrics



Lifestyle



Metabolic Markers

# Obesity and Inflammatory Conditions

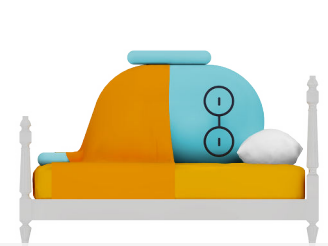
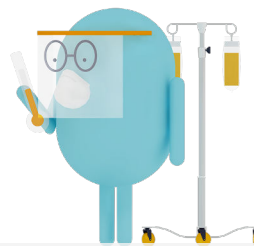
Are strongly linked to your Gut Microbiome and Genetics, as indicated by Research\*

IBS/Acid Reflux

Hypertension

COVID-19

Sleep Apnea



NGM

 Springer

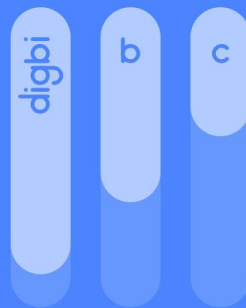
 NCBI

nature genetics

We deliver outcomes that matter

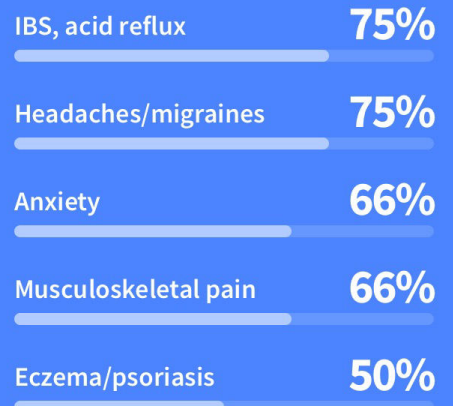
1.01% HbA1c reduction

8.92% Weight-loss



**digbi:** Digbi Health weight-loss programs  
**b.** Primary care obesity management/meds  
**c.** CDC diabetes prevention

Reducing ailments

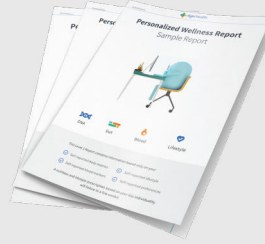
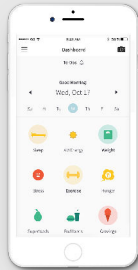
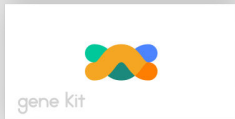


Results from our Blue Shield of California partnership are in!

[full press release](#) 

# Begin your Weight Loss Journey

Personalized to your DNA, Gut Biome, Blood Markers and Lifestyle



Gut Biome + DNA Kits

Mobile App

Health Reports

Live Yoga Sessions

- ✓ **Group Coaching Sessions**  
Access to group and personalized coaching, yoga, meditation, and stress management

- ✓ **Watch Educational Videos**  
Easy to follow explanation of our science

- ✓ **Private Member Community**  
Join a positive-space with fellow members

- ✓ **Access Mobile App**  
Track your stress, sleep, cravings and more

Month 1-3

- Gut microbiome and DNA testing kits
- Gut microbiome and DNA reports

Month 4-6

- Personalized prebiotics for men & women
- DNA and food allergy reports

Month 7-9

- Next gut microbiome testing kit
- Gut microbiome comparison report

Month 10-12

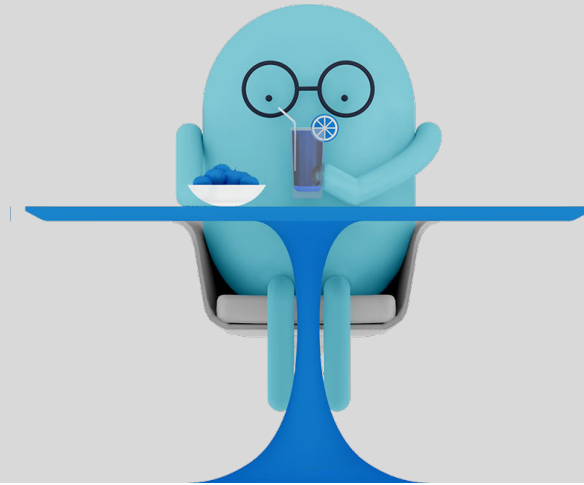
- Personalized prebiotics for men & women
- Additional genetic insights into allergies, skin health, and mood

at **\$399**

Starting at **\$37/mo** with **affirm**

**START NOW** →

# Your Obesity Risk



Do you have a genetic predisposition to **Gain Weight?**



It is likely that you will gain weight.



Do you have a genetic predisposition to **Prefer Sweet Foods?**



It is likely that you will overconsume sweet foods.



Do you have a genetic predisposition to **Prefer Bitter Foods?**



You have an average preference for bitter foods, such as vegetables.

[Learn](#)



Do you have a genetic predisposition to **Gain Weight from Carbohydrates?**



It is likely that you will gain weight from a diet rich in carbohydrates.



Do you have a genetic predisposition to **Gain Weight from Saturated Fats?**



It is likely that you will gain weight from a diet rich in saturated fats.

[Learn](#)





















Do you have a genetic predisposition to **Regain Weight?**



It is likely that you will regain weight after losing weight.

# Your Obesity Risk

	Do you have a genetic predisposition to <b>Overeat?</b>		It is likely that you will overeat.	
	Do you have a genetic predisposition to <b>Gain Weight from Mono Unsaturated Fats?</b>		It is highly likely that you will gain weight from a diet rich in mono unsaturated fats.	<a href="#">Learn</a>
	Do you have a genetic predisposition to <b>Lose Weight with Exercise?</b>		It is likely that you may not experience much weight loss from exercise.	
	Do you have a genetic predisposition to <b>Gain Weight from Poly Unsaturated Fats?</b>		It is highly likely that you will gain weight from a diet rich in poly unsaturated fats.	<a href="#">Learn</a>
	Does your gut biome have a <b>Healthy Amount of Akkermansia?</b>		This genus has shown potential to combat weight gain and inflammation, but a low amount of it was found in you.	<a href="#">Learn</a>
	Does your gut biome have a <b>Healthy Amount of Alistipes?</b>		This genus has shown potential to promote weight gain and inflammation, and a high amount of it was found in you.	
	Does your gut biome have a <b>Healthy Amount of Bifidobacterium?</b>		This genus has shown potential to combat weight gain, but a low amount of it was found in you.	
	Does your gut biome have a <b>Healthy Amount of Clostridium?</b>		This genus has shown potential to promote weight gain and inflammation, and a high amount of it was found in you.	<a href="#">Learn</a>
	Does your gut biome have a <b>Healthy Amount of Faecalibacterium?</b>		This genus has shown potential to increase obesity/metabolic disorder, and a high amount of it was found in you.	

0 - 1.00 Low Risk for Obesity  
 1.01 - 2 Moderate Risk for Obesity  
 2.01 - 3 High Risk for Obesity

2.08

High Risk  
for Obesity

# Your Inflammation Risk

Chronic inflammation can make you feel lousy, reduce the efficiency of your body’s functions and lead to disease. Your DNA, Gut Biome and Blood Markers can offer insight into whether or not you are at risk for inflammation. Below you’ll find a summary of our findings relevant to your risk for inflammation.

Test	Your Health Query	Your Results	Remarks	Learn
	Do you have a genetic predisposition to <b>Metabolize Caffeine Quickly?</b>	<b>Yes</b> 	It is highly likely that you are a fast metabolizer of caffeine.	<a href="#">Learn</a>
	Do you have a genetic predisposition to <b>Have an Intolerance to Lactose?</b>	<b>No</b> 	It is less likely that you are lactose intolerant.	
	Does your gut biome produce a <b>Healthy Amount of Polyamine Bacteria?</b>	<b>Yes</b> 	This genus has shown to reduce inflammation and promotes cell growth and renewal, and a high amount of it was found in you.	
	Do you have a genetic predisposition to <b>Require more Antioxidants due to poor metabolism of antioxidants?</b>	<b>Moderate</b> 	Moderately increase antioxidants intake.	<a href="#">Learn</a>
	Do you have a genetic predisposition to <b>Recover Quickly from Exercise?</b>	<b>No</b> 	It is likely that you will experience a prolonged recovery from exercise.	
	Do you have a genetic predisposition to <b>Have a Sensitivity to Gluten?</b>	<b>Yes</b> 	It is likely that you have an increased risk of being gluten sensitive.	
	Does your gut biome produce a <b>Healthy Amount of Propionate Bacteria?</b>	<b>No</b> 	This genus has shown to reduce inflammation, but a low amount of it was found in you.	<a href="#">Learn</a>
	Does your gut biome produce a <b>Healthy Amount of Butyrate Bacteria?</b>	<b>No</b> 	This genus has shown to reduce inflammation and promotes healthy gut and immune system, but a low amount of it was found in you.	<a href="#">Learn</a>

0 - 1.00 Low Risk for inflammation  
 1.01 - 2 Moderate Risk for Inflammation  
 2.01 - 3 High Risk for Inflammation



**High Risk**  
for Inflammation

# Your Gut Biome Diversity

Levels of bacteria that thrive on Artificial Sweeteners Why is micro biome diversity important?  
 Greater micro biome diversity has been associated with good health.

## Your Diversity Score

8.30 out of 10



### What is a Microbiome Diversity Score and how is it calculated?

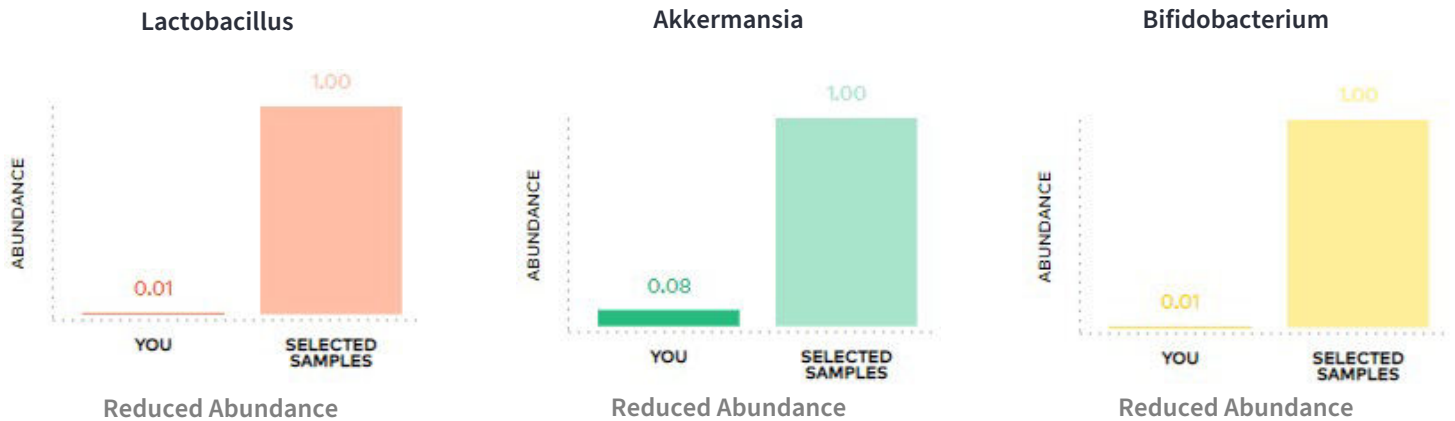
The Microbiome Diversity Score is calculated by normalizing the inverse form of Simpson's Diversity Index to 10. Scores range from 0 to 10, with 10 being the most diverse.

### How you compare

We compare your bacteria to all samples of the same type using the largest database in the world.

Of all our gut samples, you are in the: **Medium Diversity**

## Probiotic Abundance



Several species of Bifidobacterium have been shown to improve gastrointestinal issues.

Akkermansia is associated with healthier metabolism. It strengthens the intestinal wall, helping to prevent microbes from seeping out into the rest of your body.

Certain strains of Lactobacillus have been shown to improve mental health, including anxiety and mood, in addition to improving gut health.

# Precision Weight Loss

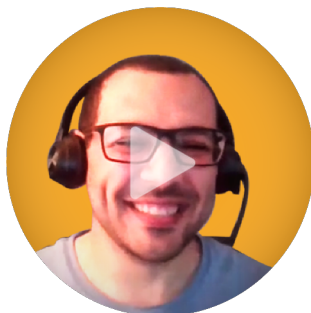
Based on your Gut Microbiome and Genetic Risks

- ✓ **2X** superior results over generic solutions
- ✓ **87%** patients lose weight + reverse disease risk
- ✓ **8.96%** is the mean weight loss percentage

Your Personalized Health Journey **GET STARTED** →

The program may be fully covered by your health insurance.  
Get Started to see if you qualify.

## Hear from happy members who defeated chronic conditions



### Nazari

- ✓ Reversed **Migraines**
- ✓ Lost **15** Pounds



### Susan

- ✓ Reversed **Eczema**
- ✓ Lost **20** Pounds



### Anna

- ✓ Reversed **Hypertension**
- ✓ Lost **15** Pounds



### Krestna

- ✓ Reversed **Gut Issues**
- ✓ Lost **24** Pounds