

## Helix Product Consents

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[Ancestry Basics Product Consent](#)

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# Ancestry Basics Product Consent

Thank you for using Ancestry Basics by Helix. This Product Consent can help you make sense of what using this product means. It tells you the benefits, risks, and limitations of using the product. Please take the time to read it with care.

If you have questions, Helix can help! You can contact us [online](#) or call 1-844-211-2070.

## Key terms

Any terms not defined here are defined in our [Terms of Service](#), [Privacy Policy](#), and [Platform Consent](#).

- **Helix:** Us! When you see the words “we,” “us,” or “our,” we’re talking about Helix.

## Purpose of Ancestry Basics

Ancestry Basics gives you a sample of what you can learn from your DNA about your ancestral background. It offers you a glimpse into where in the world your ancestors came from. It also provides details on some traits that some groups of humans have evolved.

## What to expect

To begin, you must register Ancestry Basics to your Helix Account. Follow the instructions at [helix.com](#) to register this product. Before you do, you will need these things:

- A Helix Account
  - If you don't have a Helix Account, you will need to create one. You can do so at [helix.com](#).
  - You must be 18 or older to create a Helix Account.
- Genetic Information stored by Helix
  - If you haven't been sequenced by us, you will need to send us a saliva sample. You can find more details about that process in our [Platform Consent](#).
- A code to activate Ancestry Basics in your Helix Account
  - If you are getting this product with a kit, this code is the same one you use to register your kit. If not, you will get a code for this product.

This product will use select parts of your Genetic Information in these ways:

- To give you insights about where in the world your ancestors likely came from;
- To teach you about traits that certain groups of humans evolved;
- To give you insights about whether you have those traits; and
- To improve your insights and the product over time.

When you agree to this Product Consent, you allow us to use select parts of your Genetic Information to produce insights for you. After you consent, we will notify you when your insights are ready. You can change how you want them to notify you through your Account Settings. If you have been sequenced, your insights may be ready within a few minutes.

This product may ask you to respond to surveys about your insights. We may use survey results to improve this and other products over time. Whether you respond to these surveys is up to you.

### **Benefits**

There are benefits that come with using Ancestry Basics. You can benefit by learning about your ancestral background. You can also do so by learning something about what your DNA can tell you about yourself.

How you benefit from Ancestry Basics may change over time. You may benefit in ways that cannot be foreseen today.

### **Risks**

There are risks that come with using Ancestry Basics. These risks are minimal, which means they are risks you would face in your daily life.

There is a chance you could learn something that you didn't want to know. If you compare your insights with those of a family member, you could find out that you are not related in the way you believed. (For instance, you could find out that you were adopted.) Since you share DNA with your blood relatives, what you learn could also affect them.

There is a risk of a security event. In such an event, someone may access your data without your consent. These data could include your name, contact details, or your insights. We take active steps to reduce the risk of such an event. You can find more details in our [Privacy Policy](#).

### **Limitations**

Your Genetic Information cannot tell you everything about yourself. Your genes are only a part of who you are.

Your insights do not use all of your Genetic Information. The Genetic Information that is not used may affect the traits your insights describe. Other products may use more Genetic Information for these traits.

Your insights include traits that have been studied in specific groups of people. For instance, altitude adaptation has been studied most in people of Tibetan descent. What your insights describe about these traits may be less informative for users from other backgrounds.

Your insights are based on the current state of knowledge. Over time, more will be known about how DNA affects your insights. We may update your insights as this knowledge improves.

Ancestry Basics will not give you medical insights or advice. You should not make any health choices based solely on your insights. Your malaria resistance trait result will not determine whether you would contract malaria if exposed. This trait only relates to one of the four malaria vectors. If you would like to learn about how your DNA affects your health, you should consult your doctor. You may also want to consult a genetic counselor. You can also use Health products from the Helix Store.

There are also some limitations to the Helix Platform and genetic testing more broadly. You can find more details about these limitations in our [Terms of Service](#) and [Platform Consent](#).

### **Using & sharing your data**

We will use your Account Information to contact you about this product, and to let you know about other products you may like. We will also access some parts of your Genetic Information to provide you this product and improve it over time. We may use survey results to improve this and other products over time. Your information will be used for this product as described here and in our [Privacy Policy](#).

### **Removing Ancestry Basics from your Helix Account**

If you no longer want access to your insights, you can revoke Ancestry Basics' access to your data. You can do so through your Helix Account Settings.

### **Questions**

You may have questions about Ancestry Basics or your insights. If you do, you can contact our Customer Care [online](#) or call 1-844-211-2070.

## **Wellness Basics Product Consent**

Thank you for using Wellness Basics. Wellness Basics is built by Helix and sponsored by Loselt!. This Product Consent can help you make sense of what using this product means. It tells you the benefits, risks, and limitations of using the product. Please take the time to read it with care.

If you have questions, Helix can help! You can contact them [online](#) or call 1-844-211-2070.

### **Key terms**

Any terms not defined here are defined in the Loselt! [Terms & Conditions](#) and [Privacy Policy](#). You should also review Helix's [Terms of Service](#), [Privacy Policy](#), and [Platform Consent](#).

- **Helix:** The builder of this product. For questions about the product or your insights, contact Helix.
- **Sponsor:** Loselt!, which helped design and market this product.

### **Purpose of Wellness Basics**

Wellness Basics gives you a sample of what you can learn from your DNA. It offers you details on some of the fitness and nutrition traits that your DNA can affect.

### **What to expect**

To begin, you must register Wellness Basics to your Helix Account. Follow the online instructions at [helix.com](https://helix.com) to register this product. Before you do, you will need these things:

- A Helix Account
  - If you don't have a Helix Account, you will need to create one. You can do so at [helix.com](https://helix.com).
  - You must be 18 or older to create a Helix Account.
- Genetic Information stored by Helix
  - If you haven't been sequenced by Helix yet, you will need to use a Helix DNA Kit to send in a saliva sample. You can find more details about that process in the Helix [Platform Consent](#).
- A code to activate Wellness Basics in your Helix Account
  - If you are getting this product with a kit, this code is the same one you use to register your kit. If not, you will get a new code for this product.

This product will use select parts of your Genetic Information in these ways:

- To give you insights that relate your genes to your diet and exercise habits; and
- To improve your insights and the product over time.

When you agree to this Product Consent, you allow Helix to use select parts of your Genetic Information to produce insights for you. After you consent, Helix will notify you when your insights are ready. If you have already been sequenced, your insights may be ready within a few minutes.

This product may ask you to respond to surveys about your insights. The Sponsor and/or Helix may use survey results to improve this and other products over time. Whether you respond to these surveys is up to you.

### **Benefits**

There are benefits that come with using Wellness Basics. You can do so by learning something about what your DNA can tell you about yourself.

How you benefit from Wellness Basics may change over time. You may benefit in ways that we can't predict today.

## **Risks**

There are risks that come with using Wellness Basics. These risks are minimal, which means they are risks you would face in your daily life.

There is a chance you could learn something that you didn't want to know. If you compare your insights with those of a family member, you could find out that you are not related in the way you believed. (For instance, you could find out that you were adopted.) Since you share DNA with your blood relatives, what you learn could also affect them.

There is a risk of a security event in which someone may access your data without your consent. These data could include your name, contact details, or your insights. Helix and the Sponsor take active steps to reduce the risk of such an event. You can find more details in the Helix [Privacy Policy](#) and Sponsor [Privacy Policy](#).

## **Limitations**

Your Genetic Information cannot tell you everything about yourself. Your genes are only a part of who you are.

Your insights do not use all of your Genetic Information. The Genetic Information that is not used may affect the traits that your insights describe. Other products may use more Genetic Information for these traits.

Your insights describe traits that result from a mix of your DNA and other factors. These factors could include your lifestyle, your environment, your culture, or chance. Often, these other factors have a greater effect on these traits than DNA.

Your insights include traits that have been studied in people of European descent. What your insights describe about these traits may be less informative for users from other backgrounds.

Your insights are based on the current state of knowledge. Over time, more will be known about how DNA affects your insights. We may update your insights as this knowledge improves.

Wellness Basics will not give you medical insights or advice. You should not make any health choices based solely on your insights. Your calcium and BMI trait results cannot tell you if you have a health condition. If you would like to learn about how your DNA affects your health, you should consult your doctor. You may also want to consult a genetic counselor. You can also use health products from the Helix Store.

There are also some limitations to the Helix Platform and genetic testing more broadly. You can find more details about these limitations in the Helix [Terms of Service](#) and [Platform Consent](#).

### **Sponsor data use & sharing**

The Sponsor will use your Account Information to contact you about this product, and to let you know about other products you may like. The Sponsor may use survey results to improve this and other products over time. The Sponsor may also access some parts of your Genetic Information to provide you this product and improve it over time. By using this product, you allow Helix to share these information types with its Sponsor. You can find more details about how the Sponsor uses your information in their [Privacy Policy](#).

### **Removing Wellness Basics from your Helix Account**

If you no longer want access to your insights, you can revoke Wellness Basics' access to your data. You can do so through your Helix Account Settings. Doing so may not remove the data that you have shared with the Sponsor: Helix will inform the Sponsor of your request, but you may have to complete other steps to remove your data. You can find details about how the Sponsor deletes those data in their [Privacy Policy](#).

### **Questions**

You may have questions about Wellness Basics or your insights. If you do, you can contact Helix Customer Care [online](#) or call 1-844-211-2070.