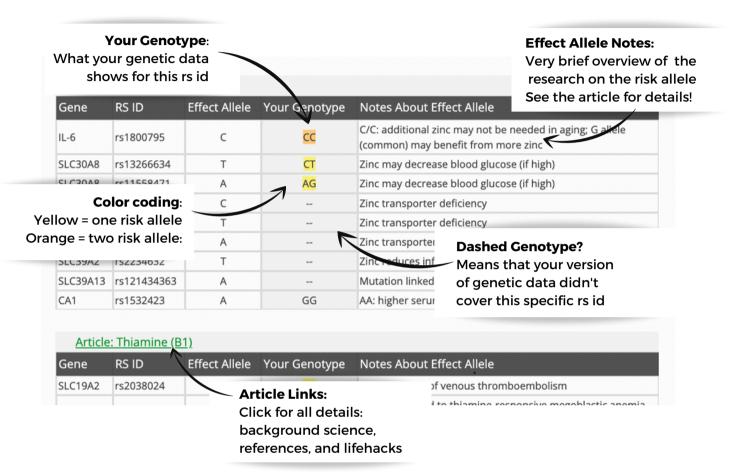
# **Summary Report Overview**

- 1. Matches your genetic data to the articles on **Genetic Lifehacks**
- 2. Easily see which articles relate to your genotype by highlighting
- 3. Click on the article links to read details, including peer-reviewed references





## What does it mean when the genotype is highlighted?

- Yellow highlight: Your genotype matches one copy of the effect allele
- Orange highlight: Your data matches with two copies of the effect allele
- Green highlight: Indicates positive effect of the allele

The highlighting is just to indicate matching -- it doesn't necessarily mean that the variant is "good" or "bad". Please click through to the article for a full explanation of the variant.

# Does the Cheat Sheet show every possible risk for a certain disease or trait?

- No. Genetic data from 23andMe or AncestryDNA covers less than 1% of your full genome.
- Genetics research is still relatively new, and researchers continually make new discoveries.

#### How accurate is this information?

- Errors are always possible, including errors in your genetic data, typos on the cheat sheet, and errors in the research studies.
- · Always seek qualified medical advice before making medical decisions.

## If I'm at an increased risk for a disease, does this mean that I will get the disease?

- · No. For most diseases, your genetic risk factors combine with your environment.
- The good news is that you can use this information to prevent chronic diseases for which you are at risk by altering your environmental factors.

The information provided is for educational purposes only. The information has not been evaluated by the FDA. Please talk with your doctor for medical advice.