

THE GENOME TEST OF THE CENTURY

BE AMONGST A GROUP OF MEDICAL PIONEERS



HEALTHCLIC

FEEL THE POWER OF PRECISION MEDICINE*

*An approach for disease treatment and prevention,
that takes into account individual variability in genes,
environment and lifestyle.

WE USED TO WAIT FOR
ILLNESS TO BEFALL US
BEFORE TAKING ACTION...

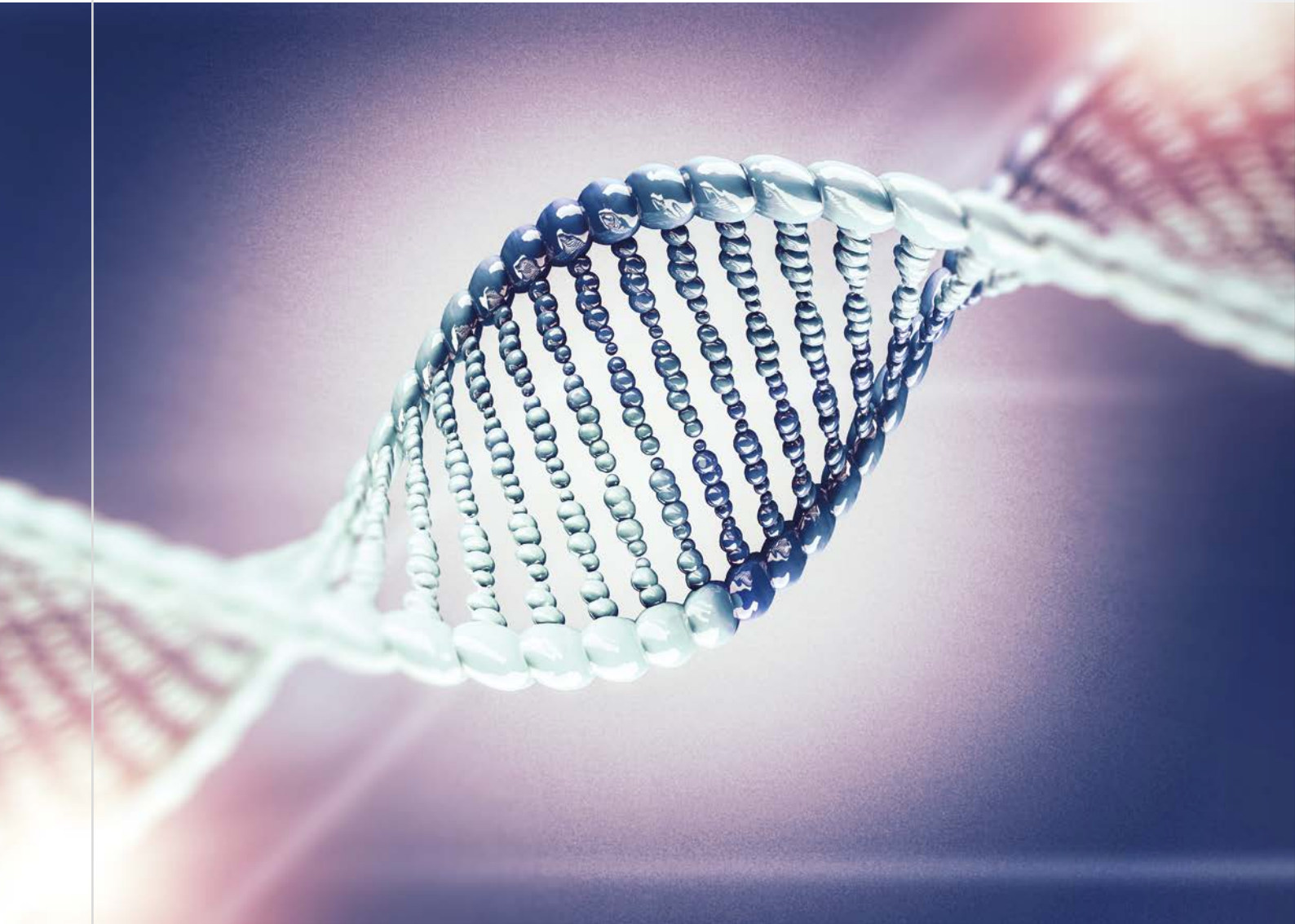
NOW WITH THE ERA
OF THE GENOME, YOU AND
YOUR CONCIERGE PHYSICIAN
CAN CHOOSE A PATH
FORWARD BASED ON YOUR
GENETIC INFORMATION



SEQUENCE YOUR GENOME. GAIN A RESOURCE FOR LIFE.

- Know risks before symptoms manifest
- Take control of elements of your environment
 - Manage various health risks

Uncover Your Hereditary Health Risks



THE TEST: WHOLE GENOME SEQUENCING

This simple saliva test aids with longevity planning and preventive methods, giving you and your physician insights about your hereditary risk for over 1,200 conditions including:

- Cancers
- Cardiovascular Disease
- Immune Disorders

Women's *BRCA* Gene Test to assess hereditary risk of breast and ovarian cancer is also available. The *BRCA* gene is commonly referred to as "The Jolie" gene.

YOUR GENOME REVEALS MORE THAN JUST DISEASE RISK...

TEST BENEFITS

1. Understand health risks
2. Live longer & healthier
3. Protect your family
4. Pharmacogenomics

1

UNDERSTAND YOUR RISKS

Genetic variants may predispose you to develop certain disorders in many disease categories. Cardiovascular diseases are one category which can be known as 'silent killers' for the general population.

However, in some cases could be prevented through early intervention and lifestyle changes if genetic factors are identified and monitored.

Example: HYPERTROPIC CARDIOMYOPATHY (HCM)

Case:

35 year old male, generally healthy though he noticed shortness of breath after working out, interested in/curious about genetics

Significant finding:

Pathogenic variant in *MYBPC3*

Implications:

Patient may have hypertrophic cardiomyopathy (heart disease which can result in sudden cardiac arrest)

Action:

Cardiac evaluation to be arranged by primary care physician and cardiologist appointment to be considered annually with surveillance screening. Notify at-risk family members.

2

INSIGHTS TO LIVE LONGER & HEALTHIER

Lifestyle adjustments such as changes to diet may potentially reduce various disease risks. In the example below, the patient had a variant of the *HFE* gene, meaning his body had difficulty regulating the intake of iron in food. His diet had to be adjusted on priority as a result.

Example: HEREDITARY HEMOCHROMATOSIS

Case:

37 year old male, previously thought to be healthy but started experiencing general weakness, joint pain and fatigue.

Significant finding:

Found to have two copies of abnormal *HFE* genes: *C282Y* and *H63D*, thus the maintenance of iron levels is impaired.

Implications:

If untreated, not only is the patient experiencing the above symptoms, but he is at increased risk of developing diabetes, heart failure, liver failure and impotence in his lifetime.

Action:

He was advised to try a new diet with iron-rich foods and to start taking a supplement to help. He will have regular blood tests to ensure the diet change is working and an annual assessment with a dietician.

3

FAMILY PLANNING & CARRIER STATUS

Learn your risk for certain conditions and make a plan with your doctor. Discover if you are a carrier for certain genetic conditions, the likelihood to pass onto your children and any other affected family members. Some people may carry genetic variants which mean higher risk of developing certain cancers. In some cases these can be prevented through early intervention once genetic factors are identified.

Example: BREAST OR PANCREATIC CANCER

Case:

65 year old female, generally healthy with a healthy adult son and daughter

Significant finding:

Pathogenic variant in *ATM* gene

Implications:

Patient is at a 2-4 fold increased risk to develop breast cancer (increased risk for other cancer types in this client include pancreatic)

Action:

Primary care physician can establish care with a local cancer genetic counselor and breast screening centre; with regular screening scheduled to keep an eye on early signs of cancer cells developing. Also, notify at-risk family members, including the patient's children.

4

PHARMACOGENOMICS

THE 'AVERAGE' HUMAN DOES NOT EXIST. SO WHY CHOOSE A DRUG THAT WORKS ON THE 'AVERAGE' PERSON?

Pharmacogenomic testing identifies how your genetic makeup may influence your response to specific medications. For example your genetics could amplify or even decrease the effectiveness of a particular drug - it may even cause an adverse reaction.

In your report, you will have a list of interpretations of how you may metabolise certain drugs based on your genetic makeup. Ensure your physician prescribes according to your genetically influenced response to certain medications.

Example: SIMVASTATIN

Simvastatin is a drug commonly used for patients with high cholesterol or triglycerides.

Variants in the genes *ABCB1* and *SLCO1B1* have been linked to unique sensitivities to the uptake of Simvastatin.

Other genetic and clinical factors may influence the response to Simvastatin, but patients with a certain variant in the *ABCB1* gene may have a better response to the medication than other genotypes.

Other genetic and clinical factors may influence the response to Simvastatin, but patients with a certain variant in the *SLCO1B1* gene may have a higher risk of simvastatin-related myopathy than other genotypes.



INSIGHTS TO LAST A LIFETIME

A highly personalised, beautiful and complete report exclusive to you follows each test, along with an in-depth consultation with your HealthClic Doctor for one-time only. Updates for life will be sent to you and your doctor as research progresses and new diseases can be tested for.

The test provides insights about more than 1,200 hereditary diseases including:

- Cancers
- Cardiovascular diseases
- Immune disorders
- Endocrine and Metabolic disorders
- Neurological disorders
- Organ Health
- Reproductive/Carrier
- Protective Variants

Insights on how effectively you metabolise or potentially react to 200+ drugs that treat a variety of conditions including:

- Asthma
- Cancer
- Congestive heart failure
- Depression/Anxiety
- Diabetes
- Epilepsy
- Heartburn
- Hepatitis C
- Hypertension
- Immunosuppression
- Inflammatory Bowel Disease
- Pain
- Schizophrenia
- Smoking Cessation

Insights on more than 70 traits related to:

- Athleticism
- Behaviour and Cognition
- Blood Sugar
- Cardiovascular
- Hormones
- Immune System
- Longevity
- Metabolism
- Nutrition & Diet
- Physical Appearance
- Sensory Perception
- Substance Reaction

Plus, Insights on Ancestry

TAKE HEALTH DECISIONS BASED ON YOUR PERSONAL GENETICS

Understanding your risks can give you and your concierge physician a powerful tool for making smarter choices

Following your detailed consultation to discuss your results, a lifetime health plan will be carefully and masterfully created for you.

HealthClic Concierge Doctors are a group of very few in the country trained to interpret genome reports, provide actionable lifestyle suggestions & lifetime health management following the results. Experience personalised medicine at world-class standard; leave the details to us.

As one of the only healthcare providers in the UK to offer whole genome sequencing, we invite our members to take advantage of this unique offering.



SEQUENCE YOUR GENOME

We are currently inviting a selected number of individuals for a complimentary consultation with Medical Director Dr Anuj Chaturvedi to discuss sequencing their genomes.

Members receive first priority for this unique opportunity. Please contact your Healthcare Representative.

To submit your enquiry for a genome sequencing test as a non-member, please email info@healthcllc.co.uk with the following:

- Full name
- Contact number
- Email address



In proud partnership with Veritas Genetics who have enabled us to offer whole genome sequencing to our London patients.



HEALTHCLIC

CONCIERGE MEDICINE AT HEALTHCLIC: DISCREET HEALTH MANAGEMENT

Concierge medicine is a revolutionary healthcare system which dates back to 1996. It offers patients much more personalised and responsive care around the clock, with powerful focus on the relationship between the patient and his/her primary care physician. Concierge medicine incorporates longevity planning as standard, due to highly focused attention on a much smaller patient list compared to regular private practice. HealthClic is one of the UK's sole concierge medicine providers.

Membership Enquiries *(please include details of your referee):*

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